

# BALANCING WORK & LIFE

Creating a tranquil and safe environment

LIVING IN REALTIME

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VIDA EN TIEMPO REAL

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2010



BALANCED LIVING STARTS AT HOME. Your work-life service can provide information and support for issues related to these and other topics:

- Making a home safe and healthy
- Home organization to enhance well-being
- Improving your health with exercise
- Healthy eating



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**carpenters**

Click on the purple arrow  
“Go Directly to Work/Life Web  
Resources”

**LYTLE EAP PARTNERS**

*Navigating Work...Life...Health*

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