

Welcome!

Our August edition features resources available from our Employee Assistance Program (EAP), Wellness Resources, and information regarding your wellness credit.

While we have given priority to our physical health during the Pandemic and emphasis on safety in our return to work, we also want to recognize that this has been a challenging time socially and emotionally. We want to ensure you are aware of the many resources the District has to offer in this space.

Live Well, Work Well

Click the link below to find out more information regarding:

- *Sorting Out Coronavirus Fact From Fiction*
- Summer Sun and Safety Tips
- Mango Berry Rotini Salad
- Probiotics and You
- ...and more

Link to Flyer: [Live Well, Work Well Flyer](#)

[Announcement: Wellness Credit Update for 2021](#)

[Click here \(Reminder\)](#)

EAP Resources Are Available for Support

The District has partnered with Ease@Work to offer confidential Employee Assistance Program (EAP) – **at no cost to you**. You have access to EAP mental health counselors, attorney, and financial advisors to help with personal issues, career development, and legal and financial advice.

You and each covered member of your family are eligible for the use of Ease@Work. Provider access is available 24/7. The EAP can help with the issues including those shown below.

For more information and a comprehensive list of services:
216-241-EASE (3273)
1-800-521-3273

Website:
[Ease@Work Website](#)
[Ease@Work Wallet](#)

Additional Links:
[Ease@Work Flyer](#)
[Employee Assistance Program Flyer](#)

Mental Health Resources	Work/Life Resources	Legal and Financial Resources	Life Coaching
<ul style="list-style-type: none"> • Aging • Anxiety and Depression • Stress • Anger • Grief • Drug and alcohol concerns • Relationships 	<ul style="list-style-type: none"> • Childcare • Education • Adoption • Wellness • Parenting • Housing Services • Special needs support 	<ul style="list-style-type: none"> • Divorce/Custody • Bankruptcy • Budgeting • Home buying • Major life event planning • Retirement 	<ul style="list-style-type: none"> • Life transitions • Improving communication skills • Relationships • Time management • Stress management

To view information regarding Benefits, please visit the Benefits Website via the links below. All information available in this newsletter and subsequent newsletters can be found via the District's website.

Click here for the Benefits Website Link: [Employee Benefits Website](#)

Click here for the Monthly Newsletter Flyers provided by our Providers: [Monthly Newsletter Flyers](#)