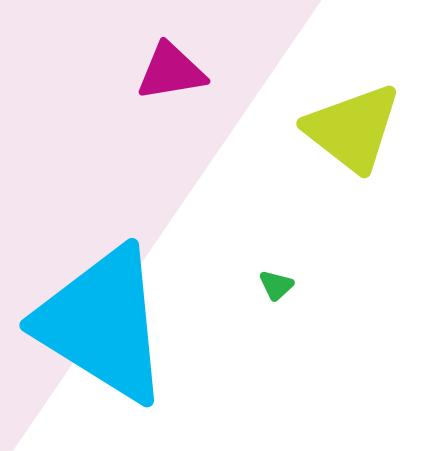
April is Stress Awareness Month

Chronic stress can damage your immune system and may cause anxiety and depression.

It's important to be able to spot the signs of mounting stress.

You can learn to identify your stressors, focus on improving your health and be stronger when facing life's challenges.







Employee Assistance Program 1-800-424-4831

Call today or log on to MagellanAscend.com