



March 2010 Monthly Bulletin

"In like a lion and out like a lamb." March is a major turning point in the calendar: it marks the transition from the hibernating months of winter to the warmth and renewal of spring. Appropriately, this month's newsletter addresses turning points in our lives. Some are happy, some are sad but turning points all mark the days, months, and years of a life well-lived!

Horizon Health, your Employee Assistance Program (EAP), is available 24/7 with support, information, practical tools, and resources.

Life: It's All About Change

Baby Makes Three

Back to School

Fun for a Change

Life: It's All About Change



You can learn a lot about change by looking at some old photos of yourself, your friends, and family. What stage of life were you in when the pictures were taken? What made you "tick"? Who and what were the important people and things in your life back then? Read on for some helpful tips on coping with change as you move through the many transitions of life. **More...**

En Español

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Contact Horizon Health for 24/7 access for you and your eligible family members:

1-800-272-7252

www.horizoncarelink.com

Username:
PCS
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Baby Makes Three



For the pregnant woman, the anticipated birth of a child is one of life's most profound experiences. While pregnancy is both a physical and emotional experience for the mother, parenthood is a turning point that affects both mother and father. **More...**

En Español



**Transitions:
Paths to
Personal
Growth**

Choose a session below and register today.

**March 16th @ 12PM EST
March 17th @ 2PM EST**

Download a list of webinars for March through April 2010.



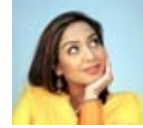
Back to School

The reasons for returning to school are as varied as the people who pursue this path. Whatever the reason or the path, the rise in the number of non-traditional students proves it's never too late to go back to school! [More...](#)

[En Español](#)

Inquiring Minds Want to Know

Take this short poll to vote on what stage of life was, is, or could be the most challenging.



[Cast Your Vote](#)



Fun for a Change

Can fun help people change? The automaker, Volkswagen, believes it can. Volkswagen's "fun theory" is based on the belief that "something as simple as fun is the easiest way to change people's behavior for the better." Find out more about their fun experiment. [More...](#)

[En Español](#)

Help Starts Here!

For help with personal or workplace issues, contact your Employee Assistance Program (EAP). These services are available to employees and their eligible household members 24/7/365. Convenient, confidential access at 1-800-272-7252.

This newsletter was brought you by Horizon Health.

If you would like to speak to one of our consultants about this information, or feel you are in need of immediate assistance, please call (1-800-272-7252). Our telephonic assistance is available 24 hours a day, seven days a week, 365 days a year.