

# **Holiday Stress**

**Brown Bag Lunch & Learn!!**

**We Can Help.**

**Learn how to  
Reduce your  
Holiday Stress**

EMPLOYEE SERVICE  
PROGRAM

(800) 521-1377  
(517) 373-7630  
(313) 456-4020

The Employee Service Program would like to invite you to participate in a “Brown Bag” lunch and learn on reducing holiday stress. These lunch and learns will be held at both Cadillac Place, Suite 4-300 (Detroit) and Capital Commons-Scamarcia Conference Room (Lansing) on **Wednesday November 19<sup>th</sup>** and **Wednesday, December 3<sup>rd</sup>** from **12:00-1:00 p.m.** Please call 1-800-521-1377 to register for a session, and bring your lunch!