

# Holiday OVERLOAD

**Do you have your hands full this holiday season?**

**If the holidays have you feeling overloaded, contact LifeMatters® for suggestions and assistance.**



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**LifeMatters®** by Empathia is available 24 hours a day, every day of the year to discuss a variety of concerns.

**Call anytime.**

**1-800-367-7474**

Toll-Free United States, Canada, and Puerto Rico  
From overseas, call collect to 262-574-2500

Visit **LifeMatters®** online at **mylifematters.com**

Language assistance services in your preferred spoken and written languages are available at no cost by calling **1-800-367-7474**.