



**Magellan**  
HEALTHCARE®

# Thriving Through the Holidays



The most wonderful time of the year sometimes isn't. The many expectations, odd hours, overindulgence in food and drink, and money concerns of the season can generate a sleigh-full of stress.

Register for this live webinar on Wednesday, November 9 at 1:00 pm CT to:

- Discuss why the holidays are more stressful than other times of the year.
- Learn to identify your personal "limits" during the holidays.
- Pick up coping skills to help you stay emotionally healthy.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core) for helpful resources.