

February 25, 2009

TO: Mr. R. V. Maly, Jr., Vice President - CWA  
Mr. R. Middleton, International Representative - IBEW

Gentlemen:

Re: Family Resource Program (Lifeworks) Promotions for March, 2009

Attached are the March, 2009 Lifeworks promotions. All of the promotions are for the North America audience.

- March 2: Creating a Family Tree
- March 9: Buying Your First Home
- March 16: Women and Care Giving
- March 23: Healthy Eating
- March 30: Pet Training

David Birdsong  
Senior Manager-Labor Benefits Provisions

Attachments

Copy to:

M. Flagge  
S. Muscat  
W. L. Schechter

For March 2 Newsbreaks - US and Canada employees

[LifeWorks - Create Your Family Tree](#) - Creating a family tree can help you understand your background and strengthen ties across the generations. To learn how to get started, type "Creating a Family Tree" in the search box or call: **Canada:** 1-800-567-2255 **In the U.S. :** 1-877-582-3683. **Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks

For March 9 Newsbreaks - US and Canada employees

[LifeWorks - Buying Your First Home](#) - If you are considering purchasing your first home, LifeWorks has a free, informative booklet which can help you prepare for this major purchase. To order your booklet, type "Buying Your First Home" in the search box or call: **Canada:** 1-800-567-2255 **In the U.S. :** 1-877-582-3683.  
**Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks

[LifeWorks - Women and Care Giving](#) -

Research shows the majority of care giving responsibilities falls to women. If you are a caregiver, LifeWorks can help you find needed resources in your community to make your job a little easier. **Canada:** 1-800-567-2255 In the **U.S. :** 1-877-582-3683. **Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks

For March 23 Newsbreaks - US and Canada employees

[LifeWorks - Good Nutrition](#) - If you are looking for ideas on healthy eating and nutrition, LifeWorks has many free resources. Type "Healthy Eating" in the search box or call: **Canada:** 1-800-567-2255 In the **U.S. :** 1-877-582-3683.  
**Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks

For March 30 Newsbreaks - US and Canada employees

[LifeWorks - Training Your Pet](#). Pets can bring a lot of joy to their owners, but an untrained pet can cause more work and add stress to your life. Learn more by typing "Training Your Pet" in the search box or call: **Canada:** 1-800-567-2255 In the **U.S. :** 1-877-582-3683. **Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks