

For February 1 Newsbreak - US and Canada employees

[Planning for Summer Care](#) -Think summer is a long way off? It may be on the calendar, but many summer care programs fill up by early spring. Plan now for your summer care needs by calling a LifeWorks counselor: Go online - [Canada Access](#): User ID - ALUCN, Password - LifeWorks; [U.S. Access](#): User ID - ALU, Password - LifeWorks or call in Canada, call 800-567-2255; in the U.S., 877-582-3683

For February 8 Newsbreak

[LifeWorks - The Little Book of Feeling Good](#)

This fun-to-read booklet is filled with helpful tips, facts, and suggestions on how to adopt healthy lifelong habits. To order a copy, type "feeling good" into the search box. Go online - [Canada Access](#): User ID - ALUCN, Password - LifeWorks; [U.S. Access](#): User ID - ALU, Password - LifeWorks or call in Canada, call 800-567-2255; in the U.S., 877-582-3683

Newsbreaks – February 15, 2010

[LifeWorks - Achieving Balance CD](#)

Clinical psychologist, Dr. Bob Brooks, will help you think about how to focus on the things that are most important to you. To order the CD, download the information, or listen on-line, type "*Achieving Balance*" in the search box. Go online - [Canada Access](#): User ID - ALUCN, Password - LifeWorks; [U.S. Access](#): User ID - ALU, Password - LifeWorks or call in Canada, call 800-567-2255; in the U.S., 877-582-3683

Newsbreaks – February 22, 2010

[Lifeworks - Check it Out](#)

The LifeWorks website offers many resources including podcasts, live and archived web based seminars. If you haven't checked it out, see all the free resources LifeWorks has to offer you and your family. Go online -

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