

Good communication is the foundation of healthy relationships, both at home and at work. Whether it's talking to your teen, asking your boss for a raise, or negotiating with a salesperson for the best deal, getting your ideas across is the key to success. We can help with a library of articles on good communication, training modules, self-assessments, and more.

Call or visit us online to get answers to your communication questions.

**TOLL-FREE:** 800-759-8122

**WEBSITE:** [www.allonehealthep.com](http://www.allonehealthep.com)

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## WEBINAR

### THE ART OF LISTENING AND GIVING FEEDBACK

**FEBRUARY 21ST**

**12 pm • 2 pm • 4 pm ET**

Enhance communication through the art of active listening and learn guidelines for healthy and successful interaction.

Available anytime, any day, your LifeResources—Member Assistance Program is a free, confidential program to help you balance your work, family, and personal life.



DO YOU HEAR ME?

KEEPING THE  
LINES OF  
COMMUNICATION  
**OPEN**