Did you know your Wellness Work/Life Program offers...

Confidential Counseling
The Wellness Corporation offers up to five (5) sessions of confidential face to face counseling for our members, their immediate family and household members. Our professional counselors will help to identify and resolve whatever personal issues you or your family may be having. Reasons you may call, and programs we offer include:

- **STRESS AND ANXIETY**
- **RELATIONSHIP & PARENTING ISSUES**
- **ANGER OR DEPRESSION ISSUES**
- **SOAR - FEAR OF FLYING**
- **END OF LIFE PROGRAM**
- **SERIOUS ILLNESS PROGRAM**

Legal Consultations
When you call The Wellness Corporation, we will connect you with an attorney for a free, 30-minute consultation. Should your legal matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate. Examples are:

- **CONTRACTS**
- **CIVIL LAWSUITS**
- **BANKRUPTCY**
- **DIVORCE**
- **REAL ESTATE TRANSACTIONS**
- **CRIMINAL ACTIONS**

Financial Resources
Financial issues leave you feeling stressed and confused. Having someone with whom you can discuss your options can help you feel more in control. Our financial professionals are available to help you address issues including the following:

- **BUDGET & DEBT**
- **CREDIT CARD ISSUES**
- **ESTATE PLANNING**
- **TAX ADVICE**
- **BANKRUPTCY**
- **PLANNING FOR RETIREMENT**

Telephonic Health & Wellness Coaching
Your health coaching program offers on-line resources and one-on-one coaching for health related issues. When you contact us, you will be offered assistance with some of the following:

- **WALKING/FITNESS PROGRAMS**
- **WEIGHT LOSS**
- **NUTRITION ADVICE**
- **SMOKINGCESSATION**
- **CHRONIC DISEASE MANAGEMENT**

Work/Life Resources
The Work/Life program offers both informational resources and referral services. From becoming a new parent to taking care of an aging relative and more, our specialists will provide you with resources to help you make educated decisions. Some or our most frequent requests include:

- **NEW PARENT COACHING**
- **SPECIAL NEEDS PROGRAMS**
- **ADOPTION ASSISTANCE**
- **EDUCATIONAL PROGRAMS**
- **CHILD/ELDER CARE SERVICES**
- **SUMMER CAMPS**

Your WellnessWorkLife Website
Is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents and much more. Visit [www.wellnessworklife.com](http://www.wellnessworklife.com) today.

**Website:** [www.wellnessworklife.com](http://www.wellnessworklife.com)

**Company Registration Name:** WILLIAMS COLLEGE (not case sensitive)

**Call 24 Hours a day:** 1-800-828-6025