

*talking*  
**together**



**FAMILY CONVERSATIONS**  
**about aging**

Talking to aging parents and relatives about sensitive issues like their need for personal care or when to stop driving can be difficult for everyone involved. Your Employee Assistance Program is available anytime, any day with help on how to approach these conversations, when to have them, and who should be involved.

### **ONLINE SEMINAR**

#### **Caring for Aging Relatives**

Older relatives may require more care than family or neighbors can provide. This seminar is a helpful first step to determine what kind of care is needed.

**Available on demand starting Nov. 20th:**

**VISIT:** [www.sandcreekeap.com](http://www.sandcreekeap.com)

**CLICK:** Work Life Wellness Login

**ENTER COMPANY ID:** \*Can be requested via website

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