

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

LET US HELP

Toll-Free: 1-877-313-4455

Website: [www.eap.wa.gov/worklife](http://www.eap.wa.gov/worklife)

Your Work/Life Access Code (to logon): <ASD>

**Renew connections with   
aging parents.**

Learn about the challenges of this phase of life and know how you can best support your elderly parents. Explore new opportunities to refresh your connections.

**Aging Parents and You**

The letters "eap" are below a radiating sun which contains a person with upraised arms

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**OCTOBER 2024**