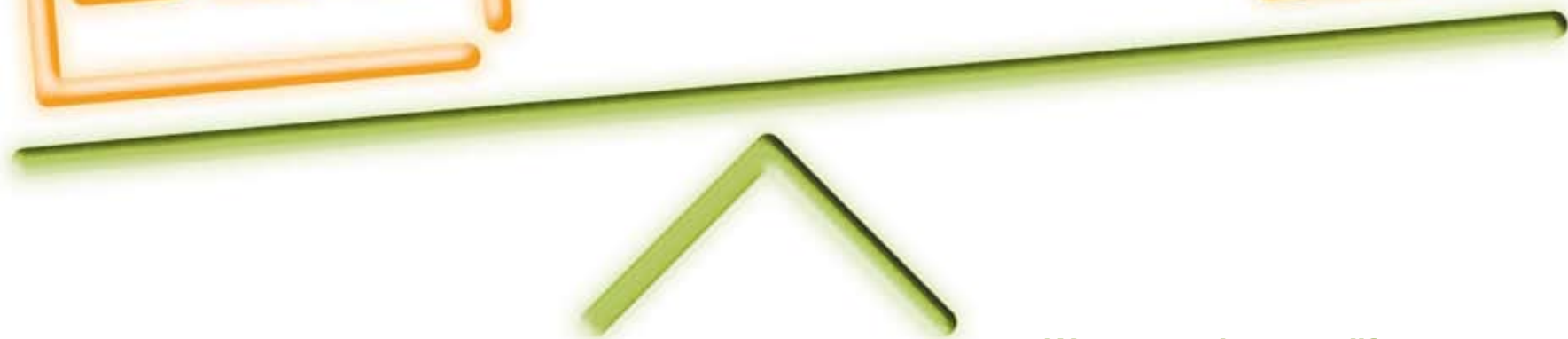


# Work, Life Balance?



We can make your life run more smoothly

Retirement   Returning to work   Getting Married   Illness   Responsibility at work   Staying Healthy

For information and advice call the  
**Heath Matters Assistance Programme**  
**0800 083 7545** or visit [www.hmap-online.co.uk](http://www.hmap-online.co.uk)

This service is provided by your employer and is completely free and confidential

