

# Happy Holidays!



**Enjoy the season.  
Call First Sun at  
800-968-8143  
or visit  
[www.firstsuneap.com](http://www.firstsuneap.com)**

## Have a Healthy Holiday Season

The holiday season is right around the corner. Let our experienced counselors help you with ...

- Healthy Resolutions
- Holiday Safety
- Holiday Stress
- Family Issues
- Financial Concerns

*First Sun EAP services are made available to you and your family members by your employer. You may use the services whether or not you have chosen to participate in an employer health plan.*

*All counseling services are confidential in compliance with the law.*

First Sun EAP Counselors are available 24/7/365 at 800-968-8143.

Employee  
& Family

Member Services