



Effective solutions  
for life's challenges

Comprehensive  
Management Resources

## We can help.

- Confidential counseling
- Onsite crisis response
- Staff training programs
- Consultation services



### Budget Counseling

Through our partnership with **Everence Financial**, access financial counseling ***without using any EAP sessions!***

- Budget and debt counseling
- Debt management plans for credit card debt
- Credit report coaching
- Student loan repayment counseling
- Housing counseling and foreclosure prevention
- Reverse mortgage counseling
- Financial wellness coaching
- And more!



### Eldercare Services

Through our partnership with **Senior Caregiving Solutions**, use up to three (3) of your EAP sessions toward:

- Problem solving family caregiver challenges
- Working through communication issues with family member
- Understanding level of care needs
- Identifying available community resources
- How to be supportive while taking care of oneself
- And more!



### Nutrition Sessions

Use up to three (3) of your EAP sessions to learn about:

- Diabetes and blood sugar control
- Techniques to prevent heart disease, lower cholesterol and triglycerides
- Weight control & Healthy eating
- Diet during pregnancy and lactation
- Dietary Approach to Stop Hypertension (DASH)
- And more!



### Wellness Classes

Use up to three (3) of your EAP sessions for classes. Choose your own wellness facility.

- Smoking Cessation
- Yoga
- Pilates, Zumba
- Weight Training for Women
- And more!

To set up services please call

**Marganne Hoffman at 717.279.2796 or email [mhoffman13@WellSpan.org](mailto:mhoffman13@WellSpan.org)**