



BRIDGES
STRENGTH. HOPE. COMMUNITY.

Employee Assistance Program

March, 2022



SLEEP AWARENESS WEEK



*Prioritize your sleep to improve
health and well-being*

Struggling to get a
good night's rest?

We Can Help.

**Hours by Appointment
Only:
8am to 5pm M-F,
Tuesday Evening
Sessions Available Upon
Request**

315-697-3947

Visit <https://www.bridgescouncil.org/employee-assistance> for more information