

NAVIGATE THE HOLIDAYS

The holidays, with their festivities and expectations, can be a time of increased stress. To help you get the support you need when and where you need it, we encourage you to take advantage of the benefits, programs, and resources that Northeastern provides to you and your family.

For a quick reminder of all the ways Northeastern supports your health, well-being, and financial future, check out [Benefits at a Glance](#).

INFO SESSION: EMPLOYEE ASSISTANCE PROGRAM - E4HEALTH

Wednesday, November 29, 1:00 – 2:00, Alumni Center

Click [here](#) to attend the informative session.

With Northeastern's Employee Assistance Program, E4Health, faculty, staff, and their family members are one call away from a suite of comprehensive services, many of which are free and the others discounted. E4health provides confidential counseling services. Their representatives can connect you with a diverse array of services that can support health and wellbeing, family caregiving, and general daily tasks.

To get started, call **877-739-3989** or visit the [website](#). The credentials are:

Username: **northeastern university**

Password: **guest**

CARE.COM

Use the online resource to connect you with a nationwide network of providers who offer a wider range of services including *babysitting, elder care, pet walkers and sitters, house cleaning, tutoring*, and more.

The usual membership fee is waived for Northeastern faculty and staff; just pay for the services you use.

Access services by calling 855.781.1303 or logging onto [northeastern.care.com](#).

WINTER WELLNESS WEBINARS

E4Health is offering a webinar at two separate times focused on winter wellness. Winter is the time of the year where we are more prone to catching a cold or the flu. This seminar will teach participants about the immune system, ways to combat winter illnesses and strategies for staying healthy all year long.

[Winter Wellness](#) Thursday, Dec 21st, 12:00pm - 1:00pm EST

[Winter Wellness](#) Thursday, Dec 21st, 3:00pm - 4:00pm EST

Finally, the Center for Disease Control (CDC) offers a [few tips about](#) maximizing your health and safety during the holidays.

Northeastern University
Human Resources Management