

# Employee Assistance Program

*Navigating life's transitions*

Office of Research Services, Division of Occupational Health and Safety



*Being prepared for retirement is more than financial planning or images of endless hours of relaxation in the sun. It is about being emotionally ready for a significant lifestyle change and leaving your work identity behind.*

EAP offers free, confidential retirement life-planning services including:

- » Emotional preparedness assessment
- » Consultation
- » Counseling
- » Retirement-life planning
- » Transition stress management
- » Knowledge transfer strategies



**Call (301) 496-3164**

