



# Let the iCanRelax program help you learn how to unwind.

Your future

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Is stress affecting your life, your health and your work? Constant stress can take a toll on your mood, your relationships, and even your physical health. If you want to learn how to relax and feel better, the iCanRelax program can help. With the iCanRelax program, you'll work with a personal health coach who can help you figure out the cause of your stress, and help you learn how to better handle stressful times.

The program is free and completely confidential. There are no meetings or deadlines—you'll talk to your coach by phone, from the privacy of your own home. Sign up, and we'll send you a free toolkit that includes a workbook, a relaxation CD, stress-relieving putty and a refrigerator magnet to remind you to stick with the program. With iCanRelax, you'll learn useful ways to help you relax, find balance in your life, be more productive and enjoy your life more. So if you can do without stress, you can't do without this program.

## iCanQuit iCanRelax iCanChange

Find out how the iCan Health Coaching program can help you.  
Call 888-267-8126 to speak with a health coach or visit  
[www.iamsodexo.com](http://www.iamsodexo.com) > LifeWorks .

Para información sobre este programa  
en español, llame al 888-732-9020.



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Making every day a better day