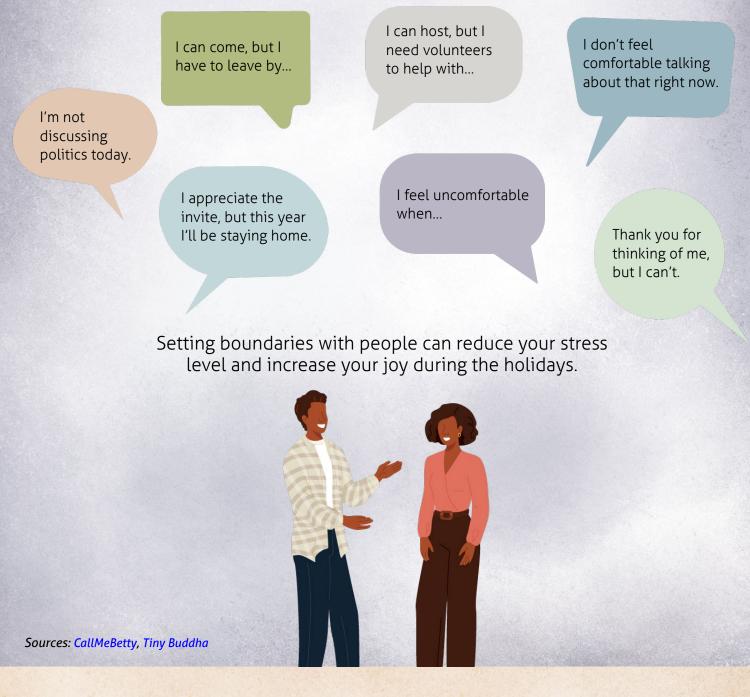
## EMPLOYEE ASSISTANCE PROGRAM SETTING HEALTHY BOUNDARIES DURING THE HOLIDAYS

## Empowering phrases to help you set limits with kindness





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