



Summertime, And the Livin' is Easy

The final weeks of summer are a great time to revamp the exercise routine and gear up for cooler weather. Getting organized can seem overwhelming, but with these free services, you can enjoy an easy breezy end of your summer. Here's how Claremont can help:

- ❑ Call for a referral to a fitness class in your community.
- ❑ Thinking about fall programs for your child? Claremont can help find tutors, enrichment programs and music teachers.
- ❑ Consult with a financial consultant regarding your budget for the upcoming school year.
- ❑ Got a speeding ticket on your family road trip? Consult with an attorney for up to 30 minutes to get your questions answered.
- ❑ Interested in photography? Computer programming? Learning another language? Research continuing education classes that would begin in September.

For free and confidential assistance, call Claremont EAP at:

800-834-3773

www.claremonteap.com