

# Do you sometimes feel stressed out or anxious?

Would you like to get more out of life?

Let us show you how.

*LifeSolutions* has a free, online program called Beating the Blues *US*<sup>™</sup>. This program can help you:

- Overcome setbacks
- Improve your mood
- Feel more confident

Beating the Blues *US* is convenient, easy to use, and completely confidential. It's free for *LifeSolutions* members who are 18 years old and older.

Beating the Blues *US* helps you change the way you think so you can change the way you feel.

To get started, call *LifeSolutions* at 1-800-647-3327.

Change your thinking ...  
change your world.

