



# HOLDING **it** TOGETHER

4th District  
**IBEW**  
Health Fund

Feeling stretched by the competing demands of work and family? Your GuidanceResources program can help. We're your direct link to counseling, resources and tools to improve health, well-being and, especially, work-life balance. These services are free, confidential and available all day, every day to give you and your household members the support you need.

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