

# How Can Your Wellness Coach Help You?

## Get What You Need to Succeed.

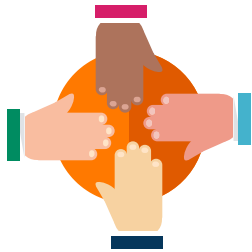
When you succeed - your company succeeds!



Your company provides an ERN<sup>®</sup> Wellness Coach for free and confidential assistance with any home or work challenge.



**Lewis Quezada, Wellness Coach**  
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### ERN company members share a wellness coach.

- Ability Works, Inc.
- Community Life and Innovation
- Dave's Food Mart - Norwalk
- Encouraging and Celebrating Independence
- Fisher-Titus
- REM Ohio Ottawa
- Renaissance House
- Riverview Industries

### Get financial help for you and your family.

- Housing
- Food
- Transportation
- Childcare
- Medical treatment
- Recovery services
- Counseling referral
- Legal assistance

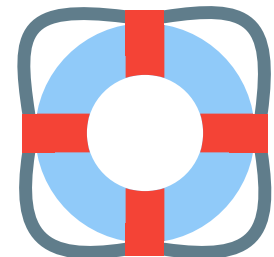
#### Application assistance:

- **Healthcare**
- **Health and Human Service funds**
- **Community resources**
- **Unemployment benefits**
- **Emergency relief**



### Access resources when you need it most.

- Need help figuring out how to budget your stimulus check?
- Are you eligible to receive special funds and services?
- Do you need assistance in applying for unemployment?
- Is it difficult for you to navigate online government resources?



**Come out of any challenge a winner! Contact your Wellness Coach today!**



**Schedule an Appointment:**  
<https://calendly.com/firelandsern>  
**¡Hablo español!**



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Employer Resource Netwo