Thought of the Week



February - Estate Planning

Contrary to popular belief, estate planning isn't just about death and taxes. And it's not about what happens to your material things. Instead, estate planning is a way for every adult to protect the things and people that matter the most to them, no matter what happens.

For additional information, sign in to **www.sentaraEAP.com** with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for "**Estate Planning**."



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call **1-800-899-8174**.

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