



**Volume 1, Issue 10**  
**E-News**

**November 2011**

### **Making the Most of Your Flex Plan**

By Beth Boldt

As we can see by the beautiful leaves outside, Fall it here. Before you know it 2011 will be gone. Did you realize counseling services are covered under your medical flexible spending accounts? **The remaining balances you hold will disappear at the end of 2011 if you do not use these funds.**

*It is like throwing money away!*

The holidays are a time for fun, family and celebration. Yet, for some, this season is wrought with stress, conflicts and disappointments that can make it difficult to enjoy events and gatherings. We are here to help you develop skills to overcome the worries and blues that this time of year can bring. Put your remaining flex dollars to use by scheduling an appointment.

As the New Year approaches, get a head start on making positive changes that can lead to healing and emotional health. At Rosario Counseling & Associates, we treat children, adolescents, adults and families. In addition to counseling services, we also offer psychological, behavioral, and occupational assessments. Working together, we will help you to be able to enjoy a happy, healthy 2012!

Appointments fill up quickly, so feel free to give our office a call to schedule soon. We look forward to seeing you.

**919-649-5882**

**Rosario Counseling & Associates**

**[www.rosariocounseling.com](http://www.rosariocounseling.com)**

