

# Life Enhancement Resource Center

## [www.yourseniorcoach.com](http://www.yourseniorcoach.com)



## Welcome to the Ulliance LIFE ADVISOR RESOURCE CENTER Login Page

### Accessing Materials

- To the right is a picture of what you'll see when you go to [www.yourseniorcoach.com](http://www.yourseniorcoach.com) Enter
- the name of your employer and your city of employment
- Select the sound-on icon for audio and video feeds; selecting the sound-off icon will turn these features off

Name of your employer  
Sheet Metal Workers Local No 80

City of Employment  
Southfield

Sound



Choosing sound off means audio and video will not play throughout this site.

Login

## Find Work-Life Balance Resources on a Variety of Topics and Challenges

Stress  
Depression  
Anxiety

Finance  
Legal  
Work Issues

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