

# **Future Electronics Hosts LifeWorks Sleep Issues Webinar for All Employees**

News-Press Release

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<https://prsafe.com/release/13870/>

## **Summary**

Future Electronics held a LifeWorks webinar on sleep issues for all their employees on Wednesday, October 20, 2021

## **Message**

Montreal, Canada (prsafe ) November 1, 2021 - Future Electronics, a global leading distributor of electronic components, recently offered a LifeWorks webinar about sleep issues from their Montreal headquarter.

'Dealing with Sleep Issues' was part of Future's wellness program, and was open to all employees of Future Electronics and Future Lighting Solutions.

The webinar began by exploring sleep disorders and their various causes. The relationship between sleep quality and stress was also examined, and the role of cortisol was addressed. Participants also learned different strategies for dealing with insomnia.

LifeWorks is Future's employee assistance provider. It offers Future employees and their immediate families 24/7 access to confidential support and resources to help manage virtually any personal or professional issue, so they can lead healthier, happier, more productive lives.

For more information about LifeWorks and Future's wellness program, click [here](#), or visit <https://futureelectronics.lifeworks.com>.

## **About Future Electronics**

Future Electronics is a global leader in electronics distribution, recognized for providing customers with global supply chain solutions, custom-tailored engineering services and a comprehensive suite of passives and semiconductor products. Founded by Robert Miller in 1968, Future Electronics has over 5,500 employees and operates in 170 offices in 44 countries around the world. Future Electronics is globally integrated, with a unified IT infrastructure that delivers real-time inventory availability and access to customers. With the highest level of service, the most advanced engineering capabilities, and the largest available-to-sell inventory in the world, Future's mission is always to Delight the Customer®. For more information, visit [www.FutureElectronics.com](http://www.FutureElectronics.com).

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## **Company Statements**

Boilerplate 1

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