

Medical Alert

Please read this and take appropriate action as soon as possible.

The Centre for Disease Control has issued a medical alert about a highly contagious, potentially dangerous virus that is transmitted orally, by hand, and even electronically.

This virus is called Weekly Overload Recreational Killer (WORK).

If you receive WORK from your boss, any of your colleagues or anyone else via any means whatsoever - DO NOT TOUCH IT!!! This virus will wipe out your private life entirely. If you should come into contact with WORK you should immediately leave the premises.

Take two good friends to the nearest liquor store and purchase one or both of the antidotes - Work Isolating Neutralizer Extract (WINE) and Bothersome Employer Elimination Rebooter (BEER). Take the antidote repeatedly until WORK has been completely eliminated from your system.

You should immediately forward this medical alert to five friends. If you do not have five friends, you have already been infected and WORK is, sadly, controlling your life. Get help immediately.

The above was sent as a joke, but, stop and think. Do you let your work run your life? Do you make time for the things which really matter? Even if you are fortunate enough to love your work as much as I do mine, work is NOT the most important thing in your life. How many people reach the end of their lives wishing that they'd spent more time working and less time with friends and family.