

**APRIL 2024**

LET US HELP

TOLL-FREE: 800-633-3353

WEBSITE: [www.mygroup.com](http://www.mygroup.com) > My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: organization specific

**Mindful Eating**

**Cultivate mindful eating**

Know about the connection between your plate and your physical health. Nourish your body to nurture your mental wellbeing.

**YOUR EMPLOYEE ASSISTANCE PROGRAM**



ALWAYS AVAILABLE | FREE | CONFIDENTIAL