

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: guest

YOUR MEMBER ASSISTANCE PROGRAM

Being kind to planet Earth

Are you interested in exploring how to live a sustainable life? We can help you connect intention with action and engage with your community.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

Logo, company name

Description automatically generated

**Mindful Living**

**APRIL 2023**