

Finding a Hobby: How It Impacts Your Life

ONLINE SEMINAR

Hobbies can help with happiness

Understand the importance of having a hobby and how you can start finding one to help you feel happier.

LET US HELP

Visit your home page starting April 19th

WEBSITE: www.mygroup.com >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

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APRIL 2022

YOUR EMPLOYEE ASSISTANCE PROGRAM

