

APRIL 2023



Mindful Living

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.

LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: www.mygroup.com >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



YOUR EMPLOYEE ASSISTANCE PROGRAM