

Self-Care: Better Care of Yourself

ONLINE SEMINAR

Being aware of self-care

Identify the ways to implement self-care as a part of your schedule and learn the art of slowing down.

AUGUST 2022

Logo, company name

Description automatically generated

LET US HELP

Visit your home page starting August 16th

WEBSITE: [www.mygroup.com](http://www.mygroup.com) >

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

Always Available | Free | Confidential

YOUR EMPLOYEE MEMBER PROGRAM