

Stress Buster: Managing and Taking Control of Your Life

ONLINE SEMINAR

Proactive strategies to stress less

Manage your stress in a healthier way and learn some strategies to take control of your life.

DECEMBER 2022

Logo, company name

Description automatically generated

LET US HELP

Visit your home page starting Dec. 21st

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

My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

Always Available | Free | Confidential

YOUR MEMBER ASSISTANCE PROGRAM