

FEBRUARY 2020



Managing Workplace Stressors

ONLINE SEMINAR

This session focuses on the professional or workplace items that could be causing you stress, providing you with information and strategies to address and manage these stressors effectively.

Visit your home page starting February 18th

TOLL-FREE: 800-633-3353

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

USERNAME: company specific

PASSWORD: guest

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

Your Employee Assistance Program is there 24/7 with information and resources to help you work better, together.