

LET US HELP

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USERNAME: organization specific

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YOUR STUDENT ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

ONLINE SEMINAR

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.



**Rays of Sunshine**

**JANUARY 2023**