

LET US HELP

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My Portal Login > Work-Life

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.

Logo, company name

Description automatically generated

**Rays of Sunshine**

**JANUARY 2023**