

**Visit your home page starting May 19th**

**TOLL-FREE: 800-633-3353**

**WEBSITE:** [**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

**USERNAME: member group specific**

**PASSWORD: guest**

**WHATEVER YOU NEED, WE ARE HERE TO HELP.***Just call or log on to get started.*

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

**Accepting Aging:   
Yourself and Others**

**ONLINE SEMINAR**

As we notice physical and mental changes in our parents or older loved ones, it can cause us to contemplate our own aging. In this session, we will look at "normal" age-related changes and also identify ways for you to come to terms with your own aging.



**MAY 2020**