

MAY 2020



## 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.

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: organization specific

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**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.