

LET US HELP

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TOLL FREE: 800-633-3353

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

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**MAY 2024**

**Balancing Act - Strategies for Mental Health**

ONLINE SEMINAR

It is important to maintain a healthy and strong mind for overall wellbeing. Explore effective strategies to improve your mental health. Reach out, we can help.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE ASSISTANCE PROGRAM**

A close-up of a logo

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