

OCTOBER 2020



# The Mental Strength Workout

## ONLINE SEMINAR

Our mind is our most powerful tool that we have during times of adversity. You can learn skills and strategies to exercise the power of your mind and increase your mental fortitude.

Visit your home page starting October 20th

TOLL-FREE: 800-633-3353

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

USERNAME: Organization specific

PASSWORD: guest

**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.