

SEPTEMBER 2020



The Secret to Work-Life Balance

ONLINE SEMINAR

In our busy and fast paced lives, it can be difficult to effectively meet the demands of our work without compromising our personal lives. This insightful session will uncover the secret to securing a healthy work-life balance.

Visit your home page starting September 15th

TOLL-FREE: 800-633-3353

WEBSITE: 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.