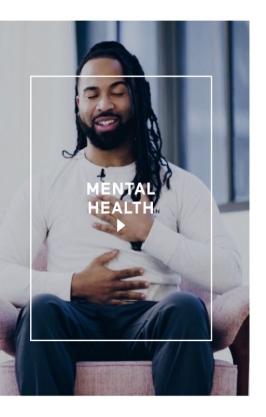
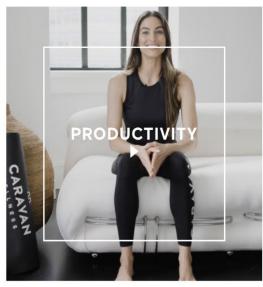
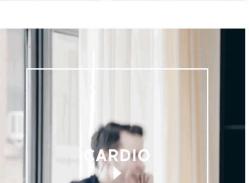
New Content – Wellbeing Videos

Wellbeing Videos

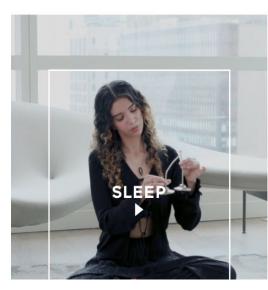
Wellbeing Videos are a new benefit available through your EAP. These videos range in topics from mental, physical, and practical wellbeing. In these videos, local hosts explain or showcase their sciencebacked practices, techniques, and rituals, producing modern content that is designed to be quick, engaging, and effective. You can find these videos using the login information below.













WEBSITE: mygroup.com > Current Participants > Resources

USERNAME: organization specific • PASSWORD: guest



