



The Language of Laughter

The Benefits of Laughing

A good laugh can boost your mood, strengthen your relationships, and benefit your health. Learn about the power of humor in life. Contact us today!

NOVEMBER 2024

LET US HELP

TOLL-FREE: 800.633.3353

WEBSITE: mygroup.com > Current Participants > Resources > Access Student-Life

USERNAME: organization specific

PASSWORD: organization specific

YOUR STUDENT ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL