

MARCH 2025

Harmony in Motion

ONLINE SEMINAR

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.

LET US HELP

Visit your home page starting March 18th

TOLL-FREE: 800.633.3353

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

USERNAME: organization-specific

PASSWORD: organization-specific

YOUR EMPLOYEE ASSISTANCE PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

