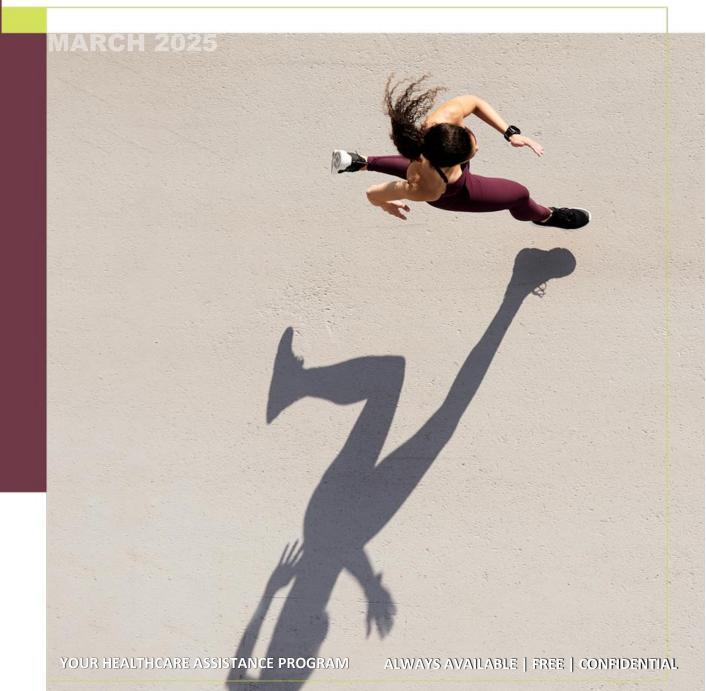


## Harmony in Motion

## **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

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