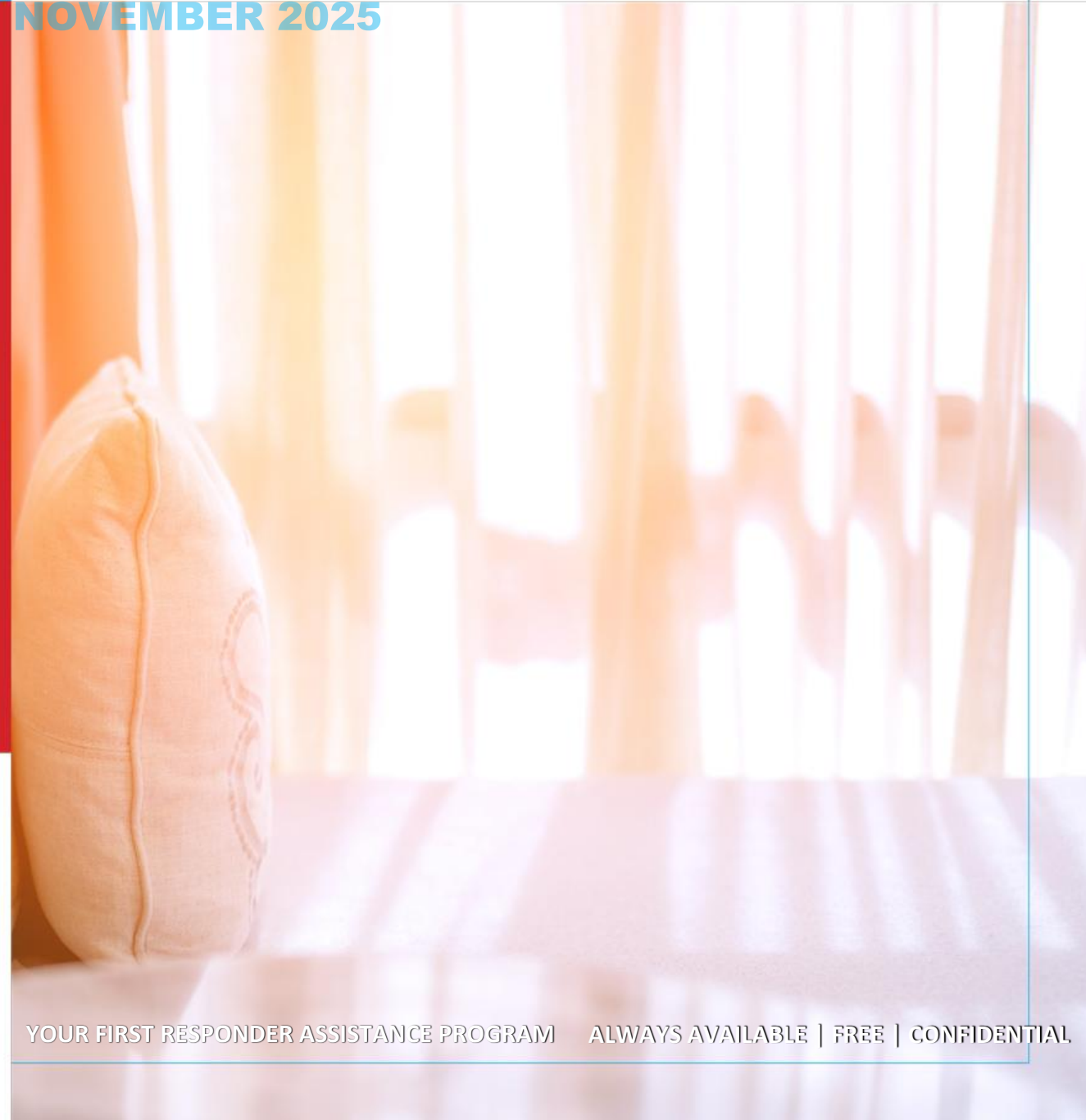


NOVEMBER 2025

# Sweet Dreams: Strategy for Better Sleep and Better Health

## ONLINE SEMINAR

Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest.



YOUR FIRST RESPONDER ASSISTANCE PROGRAM ALWAYS AVAILABLE | FREE | CONFIDENTIAL

## LET US HELP

Visit your home page starting **November 18**

**TOLL-FREE:** 800.633.3353

**WEBSITE:** [mygroup.com](http://mygroup.com) > Current Participants > Access Online Services

**USERNAME:** organization-specific

**PASSWORD:** organization-specific