

Addressing Anxiety in an Uncertain World

ONLINE SEMINAR

Recovering from stressful
situations

Learn how to recognize and
manage anxiety to actively
combat the physical and mental
effects in a practical way.

Always Available | Free | Confidential

Visit your home page starting May 18th

WEBSITE: www.mygroup.com > My Portal Login > Work-Life

USERNAME: organization specific

PASSWORD: guest

LET US HELP