

LET US HELP

TOLL-FREE: enter your toll-free number here

WEBSITE: enter your website URL here

USERNAME: username

PASSWORD: password

Taking good care of yourself

Self-care is key to our wellbeing. Make time for yourself every day. Try going outside and engaging with nature to help connect with yourself.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

YOUR EMPLOYEE SUPPORT PROGRAM



**Be There for Yourself**

**JANUARY 2023**