

JANUARY 2023

Rays of Sunshine

ONLINE SEMINAR

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

To access the online seminar, visit your home page starting January 17th.

- Click this link:

<https://helpwhereyouare.com/CompanyLogin/1515/mercy>

- Enter the username and password as shown below:

USERNAME: MSU

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- Scroll down and click on “Online Seminars”

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