



24/7 Counseling Support: [800-413-8008 #2](tel:800-413-8008)

Available anytime, any day, your Employee Assistance Program is a free, confidential program providing in-the-moment and short-term counseling and resources.

# Living Well 365 - Igniting Motivation for a Fulfilling Life

## ONLINE SEMINAR

Realize strategies for self-care to improve physical health, nurture mental wellbeing, foster positive relationships, and adopt healthy habits.

JUNE 2024

To access the online seminar, visit your home page starting June 18th.

- 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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