

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

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



JUNE 2025

# Thriving at Any Age: A Guide to Healthy Aging

## ONLINE SEMINAR

Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups into your daily routine for improved wellbeing as you age.

## LET US HELP

Visit your home page starting June 17th

### WEBSITE:

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

**USERNAME:** MSU

**PASSWORD:** MSU



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL