

MARCH 2023

Set Boundaries and Boost Your Wellbeing

ONLINE SEMINAR

In this session, we will explore what boundaries are, what they aren't, how to set them, and the benefits of having them. We will help you learn how to practice setting and adhering to your boundaries.

To access the online seminar, visit your home page starting March 21st.

- Click this link:

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

- Enter the username and password as shown below:

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