

SEPTEMBER 2023

Building Gratitude

The transformative power of gratitude

Gratitude can offer strong benefits towards your wellbeing, including an increase in optimism and a decrease in stress and anxiety. We can help you build gratitude in your daily life.

LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: www.cmgassociates.com

PASSWORD: Newton



YOUR EMPLOYEE SUPPORT PROGRAM

ALWAYS AVAILABLE | FREE | CONFIDENTIAL