

JANUARY 2023



# Be There for Yourself

## Taking good care of yourself

Self-care is key to our wellbeing.  
Make time for yourself every day.  
Try going outside and engaging with  
nature to help connect with yourself.

## LET US HELP

TOLL-FREE: 833-549-3277

WEBSITE: [www.cmgassociates.com](http://www.cmgassociates.com)

PASSWORD: Newton

ALWAYS AVAILABLE | FREE | CONFIDENTIAL



**YOUR EMPLOYEE SUPPORT PROGRAM**