

JANUARY 2023



Rays of Sunshine

ONLINE SEMINAR

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

LET US HELP

Visit your home page starting January 17th

WEBSITE: www.cmgassociates.com

PASSWORD: Newton



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