

**LET US HELP**

**TOLL-FREE:**

888.298.3907

**WEBSITE:**

mygroup.com > Current Participants > Resources > Access Work-Life Services

**Username:**

Agency-specific

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guest

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|  | **THEME** | **ONLINE SEMINAR** | **DESCRIPTION**  Seminars can be found on your home page, or you can search for them by title. |
| JAN | **Shine Your Light** | **Shine Your Light: Finding Your Inner Glow**  Available on Demand Starting **Jan 21** | Identify your positive traits and learn how to highlight them in everyday life, resulting in a more genuine and confident self-presentation. |
| FEB | **One Step Closer** | **Stride Forward**  Available on Demand Starting **Feb 18** | Learn to confidently achieve goals, including setting attainable objectives, initiating change, and breaking down goals into manageable milestones. |
| MAR | **Body to Brain** | **Harmony in Motion**  Available on Demand Starting **Mar 18** | Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony. |
| APR | **Organization** | **Clutter to Clarity: Organizational  Skills for Better Living**  Available on Demand Starting **Apr 15** | Explore how mastering organizational skills can transform your daily life by boosting efficiency, reducing stress, and creating more mental space. |
| MAY | **Unanswered Anxiety** | **Anxiety Unmasked**  Available on Demand Starting **May 20** | Explore the nuances of anxiety, teaching participants to identify their triggers for more effective management and calmer navigation through life's uncertainties. |
| JUN | **Healthy Aging** | **Thriving at Any Age: A Guide to  Healthy Aging**  Available on Demand Starting **Jun 17** | Learn practical ways to integrate physical activity, nutrition, sleep, and regular doctor check-ups  into your daily routine for improved wellbeing as you age. |
| JUL | **Resilience and Adaptability** | **The Power of Resilience**  Available on Demand Starting **Jul 15** | Build mental and emotional resilience in a dynamic world. Learn practical strategies for enhancing wellbeing and confidently navigating change. |
| AUG | **Community and Social Connections** | **Connectedness: Cultivating Meaningful Social Connections**  Available on Demand Starting **Aug 19** | Explore the impact of strong social ties, community engagement, and volunteering on wellbeing. Learn how to deepen connections for a more fulfilling life. |
| SEP | **Social Media - Digital Health** | **Navigating Social Media for Mental Wellness**  Available on Demand Starting **Sep 16** | Explore the dual impact of social media on mental health. Learn to leverage its benefits and mitigate drawbacks through a digital health lens. |
| OCT | **Enlightened Workplace - Be Yourself** | **Authenticity at Work**  Available on Demand Starting **Oct 21** | Handle health challenges, prevent burnout, support diverse needs from neurodivergence to chronic conditions. Create a healthier, authentic workplace. |
| NOV | **Sleep** | **Sweet Dreams: Strategy for Better Sleep and Better Health**  Available on Demand Starting **Nov 18** | Learn practical strategies to improve your sleep patterns and sleep quality; understand how pre-sleep technology use affects your rest. |
| DEC | **Proactive Wellbeing** | **Taking Charge**  Available on Demand Starting **Dec 16** | Proactively boost your health and mental wellbeing. Establish healthy habits early, prevent crises, and take control of your wellness journey. |

# **2025** Calendar

**Always Available | Free | Confidential**

**Managing Your Money**