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# My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Healthy Workplace Month: Paying it Forward**. Download this month's issue for health information and tips you can share with your employees.

**Also, check out our flu shot resources.** We've pulled together some reliable resources you can use to help answer any questions about flu vaccination.

English Version: [My Wellness Connection](#)

[Flu Shot Resources](#)

## Get Well. Stay Well. Live Well.



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