



# My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **mental load**. Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)

GET WELL. STAY WELL. LIVE WELL.



Questions? Please contact [info@groupecenseo.com](mailto:info@groupecenseo.com)

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