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LifeNotes



Start the new year off right by lending a helping hand to those in need. Boost your well-being by giving back to your community. Reflect on the accomplishments of Dr. Martin Luther King, Jr. on MLK Day of Service and volunteer with your workplace. January's articles inspire giving back and serving others this month and throughout the year.

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Your well-being boost: Help yourself by helping others

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Well @ Work:

Lend a helping hand: Ways to help others on MLK Day of Service

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Want to talk to someone for more help and resources? Call us at: 866-219-1232

Are you a manager? Don't forget that our team of professionals is here to support you with leadership challenges. You can call in for help with personal development or team management, or learn more online.

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