
From: eBenefits <wcbenefits@gx.waynecountymi.gov>

Sent: Tuesday, March 18, 2025 10:02 AM

To: Sara Mata <Smata@waynecountymi.gov>

Subject: Harmony in Motion



Harmony in Motion

MARCH 2025

Harmony in Motion

ONLINE SEMINAR

Learn how physical activity is a key tool for mental health, sharing strategies to incorporate exercise into daily life for balance and harmony.

LET US HELP

Visit your home page starting March 18th

WEBSITE: www.my-life-resource.com

USERNAME: waynecounty

PASSWORD: myresource

YOUR EMPLOYEE ASSISTANCE PROGRAM | ALWAYS AVAILABLE | FREE | CONFIDENTIAL

SUPERVISORS: PLEASE PRINT AND DISTRIBUTE TO ALL COUNTY EMPLOYEES WITHOUT COUNTY EMAIL ACCESS.

Division of Benefits Administration

benefits@waynecounty.com

313-224-5157

This email was sent to smata@waynecountymi.gov using govDelivery
Communications Cloud on behalf of: Wayne County, Michigan · 500 Griswold
· Detroit, MI 48226

