



**Magellan**  
HEALTHCARE®

# Self-care enhancement and enrichment

Are you happy with the state of your physical and emotional health?



No matter where you are today on the “wellbeing” spectrum, you can find ways to boost the quality of your day-to-day life. Register for this webinar to:

- Learn the vital importance of self-care.
- Discover how to find happiness and purpose in your life.
- Adopt techniques to help you achieve an improved mindset and mood.

Call your Employee Assistance Program at 1-800-450-1327 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) (use Principal Core) for helpful resources.