NEW YEAR, NEW YOU

Becoming Your Best Self in 2021

December 2020

SUPPORT FOR EVERYDAY ISSUES. EVERY DAY.

Now is the time to start thinking about a healthier and happier you in 2021. Use the New Year as an opportunity to refresh your mindset and launch beneficial habits. Having a plan in place means on January 1, you’ll be ready to get started.

SupportLinc provides confidential counseling, resources and referrals to give you the tools you need for the year to come.

WEBINAR

Healthy Living: Strategies to Help Improve Your Overall Wellbeing
Available December 1, 2020
Located in the Monthly Feature Tile

Discover healthy habits you can use to strengthen your physical, mental and emotional health.

PHONE

1-888-881-LINC (5462)
Confidential Assistance
24 Hours a Day, 365 Days a Year

WEB

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Username: iu

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