

GET WELL. STAY WELL. LIVE WELL.

HEALTH SOLUTIONS



Enjoy FREE access to online courses for you and your family.

COURSES INCLUDE:

Living Clear™

Break Addiction Program

LivingLean™

Weight Loss & Nutrition Program

LivingEasy™

Stress & Resiliency Program

LivingFree™

Smoking Cessation Program

LivingSmart™

Alcohol Program

LivingFit™

12-Week Walking Program

LivingWell™

Diabetes Management Program

LivingWellRested™

Sleep Program



GET STARTED TODAY:

- Visit the Self Help Works website at <https://portals.selfhelpworks.com/peoplecorporation>
- Click on *New Users Start Here* and enter your personal information to register
- Click on the course you would like to participate in
- Click **Unlock Course**, enter your Activation Code **PARTNER+** and select *Start Now* to enter the course