



Reclaim Your Balance.

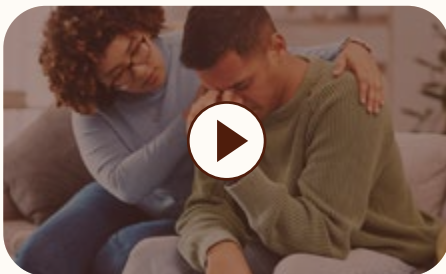


It's time to focus on finding your balance.

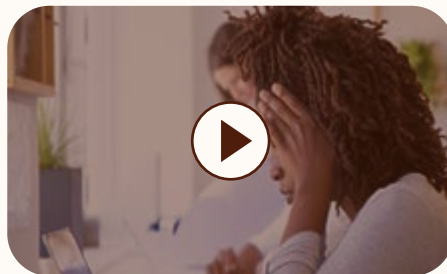
It's not something you achieve once. It's something you return to. Managing stress, setting limits, and letting go of habits that no longer work are all part of it. What works for you may look different from someone else.

Through LifeSpeak, you can access expert-led content to help you manage stress, set healthy limits, and reset habits.

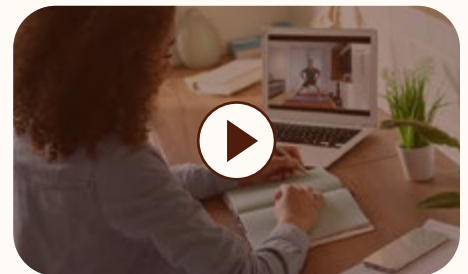
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