



# Reset & Renew

Fresh **start**, fresh **perspective**

Kick off the year by building a growth mindset and strengthening mental resilience with support designed for real life.

- **Coaching** for goal-setting and personal growth
- **Digital tools** for stress and habit-building
- **Self-guided** resources for focus and balance
- **On-demand** access through the Canopy app



SCAN ME

**Everyday Assistance  
Starts Here**

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