

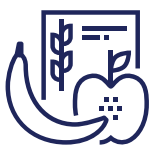
Health Solutions

SelfHelpWorks

Enjoy free access to online courses
for you and your family



Courses include:



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



LivingClear™
Overcoming
substance abuse



LivingWellRested™
Sleep Program

Get started today:

- Visit the Self Help Works website at portals.selfhelpworks.com/integratedsolutions
- 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 and select *Start Now* to enter the course

Activation Code

