

OCTOBER 2020



The Mental Strength Workout

ONLINE SEMINAR

Our mind is our most powerful tool that we have during times of adversity. You can learn skills and strategies to exercise the power of your mind and increase your mental fortitude.

Visit your home page starting October 20th

WEBSITE: www.myccaonline.com

COMPANY CODE: CUNY

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

TOLL FREE: 800-833-8707

CCA@YourService is there 24/7 with information and resources to help you work better, together.