



Starting Fresh

LifeMatters offers 24/7/365 assistance with:

- Setting goals
- Adjusting to a new schedule
- Developing healthy habits
- Moving forward after a difficult experience
- Any other issue

1-800-634-6433

mylifematters.com

Text* “Hello” to 61295 (U.S.)/204-817-1149 (Canada)



*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.
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