

Making a Change

Are you looking for support in reaching goals, learning something new, or making a change?

Canopy's Virtual Care Navigator can guide you to free and confidential resources.

- **Schedule Directly With a Coach or Counselor**
- **On-Demand Trainings and Webinars**
- **Resource Centers, Tip Sheets, and More**



**call:
800-433-2320**

**email:
info@canopywell.com**

**visit:
my.canopywell.com**



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