



# Ready to change?

Contact your GuidanceResources® program for confidential support, expert information and valuable resources for all of life's issues.

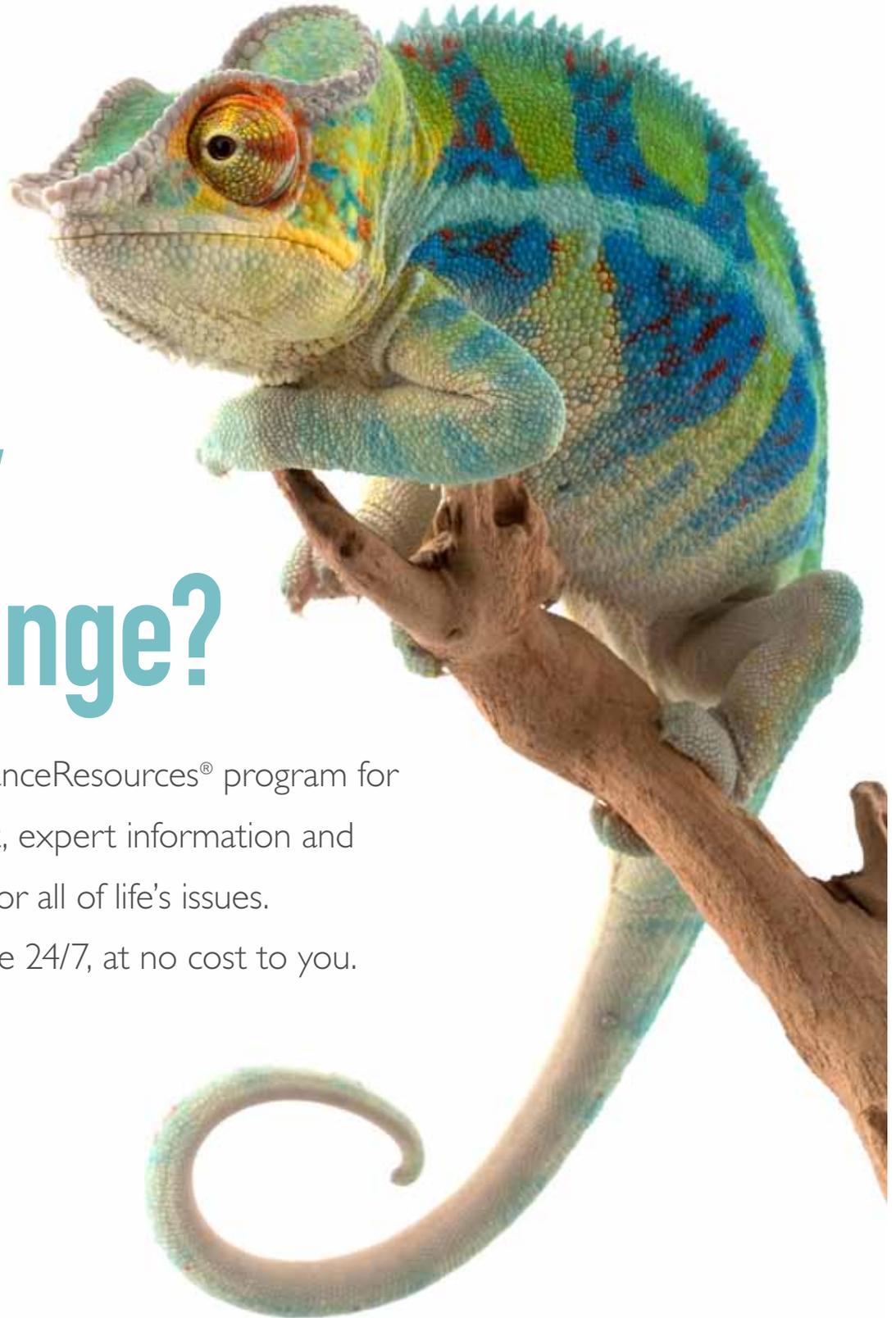
Services are available 24/7, at no cost to you.

Call: **800-808-2261**

TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

Your company Web ID: **MCHCP**



# Ideas for Living

A glowing lightbulb is the central focus, set against a vibrant green background filled with out-of-focus circular bokeh lights. The lightbulb's filament is illuminated, casting a warm glow. The overall image conveys a sense of inspiration and ideas.

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