

Please join us for  
a special webinar



## A Healthier You: How Mental Health Affects Physical Health

More and more, evidence continues to show the connection between fitness, nutrition, and physical health with our mental health. Some examples include emotional under or overeating, depression following a medical diagnosis and exercising to improve mood. In this workshop, participants will learn how to focus on areas that impact both their minds and bodies. They will explore themselves from the inside out, by considering the connection between their mental and physical health.



### Topics to be covered:

- Why health matters
- “Stress” and its impact
- Recognition: why it matters

**Time: (include time zone)**

**Date:**

**Presenter: Health Advocate EAP**