

## FOOD FOR MOOD WEBINAR

Join our ongoing 'Nutrition Speaker Series' to learn how best to support your mental health with food and how to make meal planning less stressful. Nutritionist Jordana Levine will break down how to make healthy eating accessible so that it doesn't contribute to stress and anxiety.

Date: Wednesday, July 6, 12:00-1:00 p.m. Sign up here.

## MINDFUL LEADERSHIP WEBINAR

Join our 'Mental Health Speaker Series' to cultivate your self-understanding through learning mindful leadership qualities. Mindfulness teacher Trish Tutton will highlight strategies for personal and professional growth, such as self-awareness and compassionate communication.

Date: Tuesday July 12, 12:00-12:45 p.m. Sign up here.





