

GroupLine

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HEALTH & WELLNESS

Sept. 15, 2021

21-17

Learn ways to manage stress in a changed world

Have you considered how changes to the way we work affect people – and vulnerable groups, in particular? In recognition of World Mental Health Day, 4 inspiring entrepreneurs and your peers will share their thoughts on this important topic during **Learn ways to manage stress in a changed world**.

Join us at 1 p.m. ET for 45 minutes on Wednesday, Oct. 6 for this free, live, interactive event with:

- [Amanda Muhammad](#), Stress Management Consultant, [Mako Mindfulness](#)
- [Dr. Joti Samra](#), R.Psych., CEO and Founder, [MyWorkplaceHealth](#) and Clinic Founder of Dr. Joti Samra, R.Psych & Associates
- [Eva Wilson-Fontaine](#), First Nations Entrepreneur and Co-founder of [Amik Inc.](#)
- [Mary Ann Baynton](#), Director of Collaboration and Strategy, Workplace Strategies for Mental Health

There's no registration required – just click on the [event link](#) a bit before 1 p.m. on Oct. 6.

Note: This is a Microsoft Teams Live event. Make sure you've downloaded the [Microsoft Teams app](#) before the webinar.

For French interpretation, please mute your computer audio and call into:

(844) 304-8920 (Canada)

Phone Conference ID: 120 846 337#

[Add this event in your calendar](#) so you don't miss it!