

## Learn ways to manage stress in a changed world

Join us for a live, interactive event on Wednesday, Oct. 6, 2021 in recognition of World Mental Health Day. We'll talk about how changes to the way we work affect individuals – and vulnerable groups, in particular.

Four inspiring entrepreneurs will offer helpful tips and answer your questions:

- [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

Invite your colleagues, friends and family to join you on Wednesday, Oct. 6 at 1 p.m. ET. It may be the most informative and inspiring 45 minutes of your day!

There's no registration required – just click on the [event link](#) a bit before the start time.

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#