



You are invited! A thriving workforce is key to an organization's success. This webinar is designed to support strategic planning for employers, brokers, and consultants.

## Mind Matters: Supporting Mental Fitness in the Workplace

**Date:** Wednesday, June 5<sup>th</sup>, 2024

**Time:** 1 pm – 2pm ET / 10 am – 11am PT

**Featured Presenter:** Christina Torizzo, MPH, CPC, ELI-MP |  
Senior Mental Health & EAP Consultant

### Key Topics:

- Cover what mental fitness is and the role it plays in powering prevention
- Highlight key practices and habits individuals can adopt to improve their overall well-being
- Discuss the role employers play in promoting mental fitness in the workplace

[Register here](#)

*As this session will build on the topic that is highlighted in our [KP Health Views for Business](#) webinar on **May 15<sup>th</sup>**, we highly encourage you to register and attend that session as well for a comprehensive approach.*