

***Bel-Con Presents Series...***

***'An Introduction to Mental Health In The Workplace'***

***Wednesday, May 16th***

***8:30– 10 A.M.***

Presented By

***Workplace Safety & Prevention Services***

*This presentation is ideal for plant managers, human resources and team leaders to come out and listen & utilize this information to use on site at your company*

*This one hour session shall focus on dispelling myths about mental health and increasing participant awareness about the importance of workplace mental health.*

***This exceptional session shall cover areas such as....***

* ***Define workplace mental health and why it is important to address it in the workplace***
* ***Discuss how mental health impacts the workplace***
* ***Explore how mental health stigma affects the workplace***
* ***Introduce resources & support on the topic of mental health in the workplace***

*Location: Bel-Con Design-Builders Ltd*

*1-335 University Avenue in Belleville*

*Morning Refreshments Served To Wake Us Up!*

***RSVP: May 11th to Alan Langabeer***

***Email:*** ***alanl@bel-con.com*** ***or my cell at 613-847-0240***

*We look forward to having your attend this excellent seminar!*

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