

# SPECIAL WEBINAR EVENT

## WORLD MENTAL HEALTH DAY



World Mental Health Day serves as a crucial platform for increasing awareness surrounding the widespread impact of mental health challenges. It's worth noting that depression stands as the primary cause of global disability.

We invite you to join us on **October 10th** by logging into your member portal for an exclusive webinar event. During this event, we will equip you with valuable tools and techniques aimed at empowering individuals to proactively prioritize their mental well-being.

### How your Member Portal Can Assist You

- ✓ Regularly updated information and links on all aspects of health and wellness
- ✓ Downloadable articles and tip sheets on healthy living
- ✓ Self-search provider databases for summer camps, education resources, pet sitters, attorneys, financial advisors, volunteer opportunities, and more
- ✓ Legal & medical encyclopedias
- ✓ Access to Nolo Will Maker & Trust 2022 to create your estate plan

## No Need to Register

Log into your Member Portal on **October 10th** to attend the event



[CLICK HERE](#) to login to your member portal

\*\* Your UN/PW is your company name