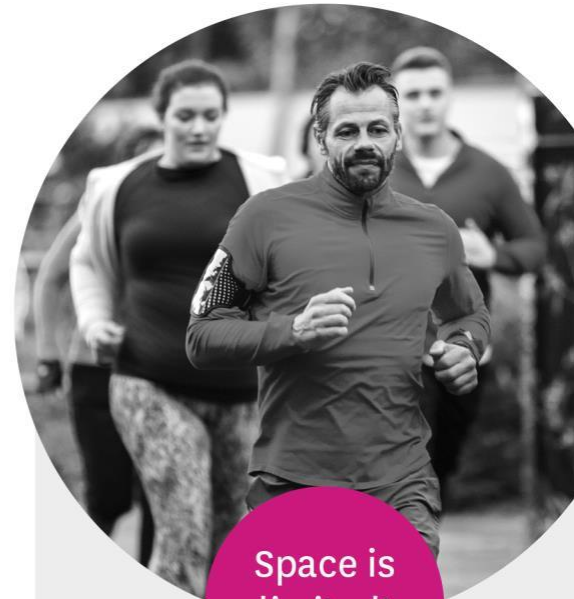


You're Invited to a Wellness Webinar!

May Topic: Mental Health – In the Wake of COVID-19

Millions of Americans experience symptoms of a mental health condition each year, and since the pandemic, the number of people struggling continues to trend upward. Having a mental health condition is just like having a physical health condition, and early identification and intervention is key. But “intervention” doesn’t always mean getting into therapy or starting medication right away. Once identified, depending on the severity, there are ways we can begin the journey to wellness through self-care – namely, whole person self-care.

This webinar will present a snapshot of the current state of mental health in the U.S., provide brief education about the leading mental health challenges and the interplay between mental and physical health, and will offer some suggested ways to help ourselves, as well as knowing when to seek professional help.



Space is limited!

Sign-up today!

Date: May 17, 2023

Time: 12:00 p.m. – 12:45 p.m.
Pacific Time

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_K-assuYzSBqS_nvnLCEKbg

Health Net of California, Inc. is a subsidiary of Health Net, LLC. Health Net is registered service mark of Health Net, LLC. All rights reserved.

FLY57081EW01w (1/21)