



## Kaiser Permanente Presents

You are invited! A thriving workforce is key to an organization's success. This webinar has been designed to support organizational leaders in building a culture of health and wellness.

# Supporting Mental Fitness in the Workplace

**Date:** Monday, August 19, 2024

**Time:** 12:00–12:45 pm PDT

**Registration:**

<https://ucr.zoom.us/meeting/register/tJckdumhnpjssHdxG7BhTyQSmpmNLMp-q-a5J>

**Presenter:** Joan Salemmel | Senior Workforce Health Consultant & Certified Health Coach

### Key Topics:

- What mental fitness is and the role it plays in powering prevention
- Key practices and habits that individuals can adopt to improve their overall well-being
- The role that organizational leaders can play in promoting mental fitness in the workplace