



U@+ CHALLENGE MENTAL FITNESS: THE NEXT STEP

w/ Andy Weiler

THURSDAY, MAY 15, 2025
12:00PM-1:00PM

After 100s of hours in attendance of mental health presentations intended for the public and health professionals, Andy became frustrated with the IMPORTANT but repetitive content about raising awareness of mental illness/conditions and removing the stigma to seeking treatment. We can become "mentally fit" just as we become "physically fit" in fact you can't really separate the two very effectively.

Health and wellness isn't just the absence of disease and illness, it is building resilience, capacity and fitness. Let's talk about awareness, illness, treatment, prevention and fitness as it pertains to Mental Health

Register for:

Webinar