

MATFORCE

Messages

Free virtual presentations focused on building healthier communities.

Thursdays, 11:00 am to 12:00 pm

2025

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April



Rethink Your Drink: Increase Awareness of the Health Impacts of Alcohol

**Presented by
Laurel Abdelnour, M.A.**

You don't have to have a drinking problem to have a problem with drinking. The

Surgeon General recently declared that just one alcoholic drink per week over a lifetime would raise your cancer risk significantly.

Learn the recommended limits for women and men, what constitutes a standard drink, and the myriad short- and long-term health risks associated with even moderate use.

Scan the QR code or visit: qrco.de/bfiv6C

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May



How to Help Others with Addiction & Mental Health Problems

Presented by David Pope

This presentation provides practical strategies for supporting individuals facing addiction and mental health challenges. Key helping principles such as active listening, accountability, spirituality, and setting boundaries will be covered. Topics include addiction, depression, anxiety, trauma, and shame, with essential do's and don'ts for effective support. Attendees will gain the knowledge and confidence to help others while maintaining their own well-being. Scan the QR code or visit: qrco.de/bfkIFS

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June



What is Stress and How to Manage It in a Healthy Way

Presented by Tom Benson

Scientists and medical researchers have established beyond doubt that persistent stress can poison our overall health. This presentation provides evidence-based strategies to manage both day-to-day and chronic stress.

"The perceived level of psychological stress has risen dramatically across the globe due a combination of events. The consequences of this broadscale increase in stress are only beginning to be appreciated, but evidence suggests that we are facing a second pandemic of mood and anxiety disorders." - Huda Akil; Eric J. Nestler

Scan the QR code or visit: qrco.de/bfulwu

MATFORCE
Building Healthier Communities

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