



BRIDGES
HEALTH

LUNCH AND LEARN SERIES

PSYCHOLOGICAL HEALTH AND WELLNESS STRATEGIES

June 7: Foundations of Mental Wellness

June 14: Supportive Management and Mental Health

June 21: Tough Talks: Practical Applications to a Difficult Conversation

June 28: Exploring the Standard: 13 Workplace Factors

July 5: Return to Work Strategies for those with Mental Health Concerns

July 12: Our Words Matter: The Power of Language in the Workplace

July 19: Taking Care of You: The Importance of Self-Care and Stress Management

July 26: Team Building and Leadership Strategies

**\$65 + GST PER
SESSION**

LUNCH INCLUDED

**THURSDAYS
JUNE & JULY**

BRIDGES HEALTH
10- 2220
NORTHRIDGE DRIVE,
SASKATOON

**TO REGISTER
306- 668- 5520**

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