



## Overdose Awareness

**Did you know?** August 31<sup>st</sup>, 2024 is International Overdose Awareness Day (IOAD).

IOAD, a Penington Institute Initiative, is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.

This year's theme is "**Together we can**", highlighting the power of our community when we all stand together.

To learn more, go to the *Workplace Strategies for Mental Health*\* site, type *August wellness program activities* in the search bar, scroll down and click on *Overdose Awareness Day*.