



## Connecting the dots between physical and mental health and how to take action

This World Mental Health Day, **Oct. 10, 2024**, join Canada Life, Workplace Strategies for Mental Health and Teladoc Health Canada for an insightful conversation about stress, anxiety and depression, how they manifest in your body and what you can do to support your overall well-being.

***Connecting the dots between physical and mental health and how to take action*** will be a live, public webinar held on Thursday, October 10, 2024\*.

Interested in joining? [Register here today.](#)

This webinar will be recorded for future reference or just in case you can't watch live. To find the recording:

- Subscribe to the [WSMH YouTube page](#) and find it there a few weeks after the live event.