



Wellness Webinar:

Maintaining Mental Health After the Holidays



A free, virtual presentation

January 10th, 2024

12:00-1:00 pm

Speaker: Erica Collins, MS, CHES
Health Educator with Providence
Community Wellness

January is Mental Wellness Month! After the hustle and bustle of the holiday season, we're taking time to highlight the importance of mental health and wellness. In this webinar, we will dive into why mental health matters and a five-step action plan to help someone who is experiencing a mental health challenge.

Register Today!

providence.org/SpokanePECclasses

509-473-6007



Use the QR code to be taken directly to
our registration site