

CUPE 1975 & ASPA's Mental Health Campaign Presents

THE ROLE PETS PLAY IN HUMAN HEALTH AND MENTALITY

Presented by Colleen Dell & Therapy Dog E-Jay!

When: August 24th at Noon (12pm-1pm)

Via Zoom Video: <https://us02web.zoom.us/j/2495722079?pwd=ckdoV1dlRktLdnlaRXVWNWZ6Z2NsUT09>

Please feel free to keep your cameras on and for those working remotely at home, please bring your pet to this virtual Mental Health Wednesday!

Things you can expect from this session

- ◆ How pets make a difference in your mental health
- ◆ How they make a difference with your physical health
- ◆ Pros of owning your own furry friend

Mental Health Matters

We're in this together!

If you or someone you love is struggling, please use the QR code for free resources.

