



My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Psychological Safety in the Workplace**. We're also happy to include this month's Spotlight Bonus, **Healthy Eating for Mental Health**, brought to you by NDC Nutrition @ Work. Download this month's issue for health information and tips you can share with your employees.

English Version: [My Wellness Connection](#) | [Spotlight Bonus](#)

Complimentary webinar My Wellness: Creating a culture supportive of mental health

Promote transparency and ongoing awareness by supporting mental health in your workplace. Along with the organization as a whole, employees and managers play an important role in creating a culture supportive of mental well-being.

Join our complimentary webinar to learn tips on how you can contribute to a workplace that is psychologically safe.

Date & Time: May 24th, 2023 1:00PM EST

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Questions? Please contact info@groupecenseo.com

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