



**CANADIAN MENTAL  
HEALTH ASSOCIATION**  
**L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE**

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# **MENTAL WELLNESS IN THE WORKPLACE**

**What:** Slight amounts of stress improve our abilities, and our effectiveness. But what happens when that 'slight' amount stops motivating us and starts to become harmful? This workshop will address work-life balance, stress reduction and taking control of your stress.

**When:** Saturday, February 25<sup>th</sup>, 2012 9:00 am to 3:00 pm

**Where:** Canadian Mental Health Association  
6 Ordnance Street  
Kingston, Ontario

**Cost:** \$40.00

To register or for more information please contact us at:

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A United Way Member Agency

