

## **May the 4<sup>th</sup> be with you – flatten your anxiety curve with this live, interactive webinar**

In recognition of Mental Health Awareness Week, you can join Workplace Strategies for Mental Health on May 4 from 1 to 2 p.m. ET for a live and interactive webinar called [May the 4<sup>th</sup> be with you – flatten your anxiety curve](#). Ask your questions about coping with the reality of life in the time of COVID-19.

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life.

This webinar is available in English only. This is a Microsoft Teams Live event. Make sure you've downloaded the Teams app before the webinar. A French version will be made available at the earliest date possible.

You can [join here](#).