

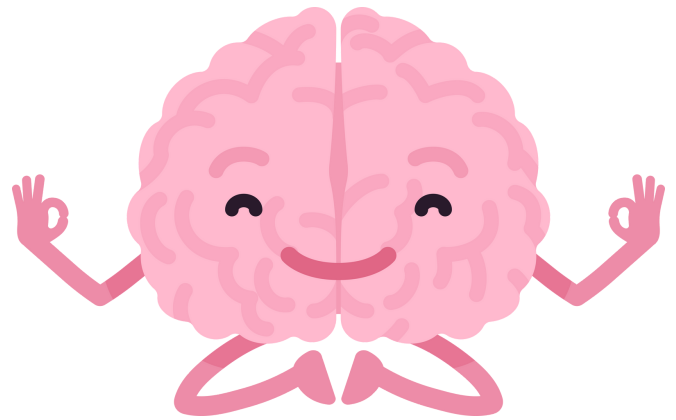


Mental Health Awareness

The NS Sisterhood health awareness talk virtual learning series

The Nova Scotia Sisterhood is hosting a health awareness virtual talk about mental health

- Discussion on the importance of mental health.
- Improve your awareness of common mental health conditions.
- Learn about how to access psychiatric services within HRM.



March 28th, 2024

6pm AST

[Click here to join:](#)

<https://us02web.zoom.us/j/81686100191?pwd=eGw4d3l1TEs0MWgzZlRYQUVRdHBpQT09>

Meeting ID: 816 8610 0191

Passcode: 1234

Join us to discuss the importance of mental health factors, learn about the importance of moving our bodies and eating healthy, and have a discussion centered around heart disease.

If you have any questions please contact Ashley at Ashley.preston@nshealth.ca or 902-399-5799.