



Join us for this **FREE** training!



Social Media & Mental Health

IMPROVING OUR RELATIONSHIP WITH SOCIAL MEDIA

TIME:

DATE:

LOCATION:

Social media platforms have transformed the way we communicate. The connections we make, the type of content we consume, and the frequency in which we access it can impact our mental health in both positive and negative ways. Join us to learn the latest research on how social media affects our brains and how to stay mentally and emotionally healthy in a media-driven society.