

Motivation-Enhancing our Health

healthy
GET-together

Have you ever taken a second slice of pie for dessert? Or chose to watch Netflix instead of taking the dog for a walk? We all have occasionally indulged in 'guilty pleasures,' even when we know that it is not good for us. This is because we as human beings, look to do things that bring us pleasure.

To learn how we can change our behaviours to improve our health, join the Healthy Get-Together Speaker Series for the third talk in our Mental Health Series. During this virtual session, find out how we can enhance our motivation to change behaviours that at times, can feel impossible to change, especially during a pandemic.



Speaker: Kristine Lake,
Psychologist, Thunder Bay Regional
Health Sciences Centre

Date: Thursday, March 18th, 2021

Time: 6:00 – 7:00pm EST

Location: Online event via Webex

*Note:
New Time!*



Thunder Bay Regional
Health Sciences
Centre

To register, choose one option below:

1. Visit the meeting link below
or

2. Contact Samantha Morris at morrissa@tbh.net
to receive the event link by email

Meeting Link: <http://tbh.net/hgt>

You can alternatively join by phone by calling:
+1-647-484-1598 Canada Toll

Access code: 129 692 7383

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