

As a part of Mental Health Awareness Week

# Mind, Mood, & Better Health



The pandemic has completely changed our lives which has impacted our mood and functioning. Let's learn together how we can get through it and improve our quality of life. Join Kristine Lake, Psychologist for a 30 minute presentation followed by the opportunity to ask questions. Can't make it, don't worry, the presentation will be recorded.

**Tuesday, May 4, 2021**

@ 12-1230 p.m.

## Via Webex

<https://thunderbayhospitals.webex.com/thunderbayhospitals/j.php?MTID=m9f7a360a7aea5b40221fcee1552876a7>

Meeting number: 129 338 7845

Password: MHAW

Join by video system Dial 1293387845@thunderbayhospitals.webex.com

You can also dial 173.243.2.68 and enter your meeting number.

Join by phone

+1-613-714-9906 Canada Toll (Ottawa)  
+1-647-484-1598 Canada Toll (Toronto)

Access code: 129 338 7845

## CONTEST

Send your mental health tips or photos of you practicing mental wellness to us at: [mentalhealthTBRHSC@gmail.com](mailto:mentalhealthTBRHSC@gmail.com) to be entered in a draw for a prize!

*Please send them by Thursday, April 29th, 2021.*



Thunder Bay Regional  
Health Sciences  
Centre