



HEALTHY MINDS 4 LIFE (HM4L) IS A COMPREHENSIVE  
FIVE PART EDUCATIONAL SERIES  
ABOUT MENTAL HEALTH AND WELLNESS.

THERE IS NO COST TO REGISTER AND ATTEND.

**HM4L Topics Include:**

- Understanding Mental Health and Mental Health Promotion
- Positive You: Building Resilience
- Caregiver Stress: Strategies for Families and Caregivers
- Understanding Anxiety
- Understanding Depression

**Open to anyone interested in learning more about supporting their mental health. Offered by the Essex County Nurse Practitioner-Led Clinic. Virtually via Zoom.**

**Dates:** [Eventbrite](#) [Zoom](#)

Monday, February 22nd @ 2:00pm

Monday, March 1st @ 2:00pm

Monday, March 8th @ 2:00pm

Monday, March 15th @ 2:00pm

Monday, March 22nd @ 2:00pm