



Seta



Mental Health & Wellness Workshop

Hosted by Bevan Richardson—Human Resources Manager

Special Guest Speakers:

Alex Becerra from SAFE Credit Union

& Sean Grady from Modern Health

* In recognition of World Mental Health Day on October 10th, we will be hosting an informative webinar to discuss mental health and wellness.



October 14th, 2022 @ 2:00PM

Mental Health and Wellness is a topic that affects everyone. Come join us for a discussion about mental health and wellness and how to understand and treat mental illness. Get to know your resources. It is better to know them and not need them than need them and not know them!



SAFE
CREDIT UNION



Modern Health