

# The difference between **wellness and wellbeing** and why we need both.



**Join municipal staff from across MIC Member Municipalities for a workshop on mental health in the workplace.** These in-person training sessions, led by Jim Moss of YMCA WorkWell, teach valuable coping skills to help employees become healthier and happier at work.

**RSVP**

**LOCATION: 600 TOMLINSON DRIVE, PORT ELGIN, ON**

**REGISTER FOR ONE OF TWO SESSIONS ON FRIDAY, MAY 6TH**

**10 AM - 12 PM EST OR 2 PM - 4 PM EST**

These training sessions  
are brought to you in  
partnership with

