



# COPE

## Mental Health

*Let's Talk about...*

# Mind-Body Connection

**What is the Mind-Body Connection? How does it work? Why is it so important?**

***Join Rose Birt online on August 18th for a 2-hour discussion on what this connection means to our individual well-being and how we can improve this connection within ourselves!***

The link between what we think and how we feel is being talked about now more than ever with the advancements of technology, growing research and the deepening understanding that everything is truly connected.

**When:**

**August 18, 2020  
6 p.m. – 8 p.m.**

**RSVP by August 11**

**[rbirt@communitycaredurham.on.ca](mailto:rbirt@communitycaredurham.on.ca)**

**or call 905-668-4552 to receive the link**

**Where:**

**Join us online  
via Zoom**