



MODERN +
HEALTH

CEBT
Benefit by Trust

How Mental Health Impacts Us All

Listen & Learn

Mental health conditions are much more common than people may think. And while all of us will be affected by mental health concerns in some way across our lifetimes, it's not something we tend to talk about. Join this session, led by a Modern Health provider, to learn about how mental health impacts us all, and what we can do to start prioritizing our own mental health.

Tuesday, May 21st, 2024 | 12:00 pm MST

Save Your Spot Today!

This is a private, live group session for CEBT

Questions? Contact circles@modernhealth.com



Ruben Morales

Licensed Professional Counselor