

# Balancing Act - Strategies for Mental Health

## ONLINE SEMINAR

It is important to maintain a healthy and strong mind for overall wellbeing. Explore effective strategies to improve your mental health. Reach out, we can help.

MAY 2024

Available starting May 21st on the website  
under Online Seminars

WEBSITE: [www.myccaonline.com](http://www.myccaonline.com)

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