



May is Mental Health Awareness Month

# How Does Mental Health Affect Your Physical Health?

May 22, 2024

12-1pm, Lunch included

Location: 2717 N. Grandview Blvd, Suite 300, Waukesha, WI

- Hear the speakers' personal journeys on how they improve their mental health, giving you tools to improve your own
- Learn what self-care is and why it's so important
- Gain resources to help your employers and employees be successful
- Discover the mental health benefits of physical activity

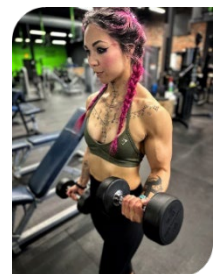


**Bruce Morton**, Senior Loss Control Consultant – Marsh & McLennan Agency

Bruce provides loss control and safety services to the construction industry. Bruce has presented and written articles on mental health and suicide prevention. He is currently the Board President of the Wisconsin Construction Wellness Community (WCWC), a non-profit organization to promote mental health wellness resources in the construction industry.

**Kat Musni**, Fitness Trainer, Life Coach

Kat is a spunky fitness trainer. She makes working out fun and kicks people's butts on her YouTube Channel as well as in-person training. After conquering eating disorders and going through mental health challenges, she knew fitness was only one aspect in helping people become their greatest.



Company \_\_\_\_\_

Attendee Names: \_\_\_\_\_

Mail with Check to PO Box 1425, Waukesha WI 53187

Email form to [rhackney@wuca.org](mailto:rhackney@wuca.org)

Invoice to pay with credit card, email: \_\_\_\_\_

Will pay with cash or check at door



The cost of this event is \$25 per person. Please register today!