

# Expert Insights - Health and Happiness: The impact of exercise on mental health

**WHEN** Wednesday, August 31st 2022  
6:00 PM - 7:00 PM

**WHERE** Online

**COST** Free

This Expert Insights panel session examines some of the predictors of poor implementation in the clinical space, and what practitioners can do to overcome these barriers to exercise. We'll also focus on some of the major benefits as well as emerging innovations in wellbeing and exercise.



Scan for [more information](#)  
and [registration details](#)