

Non-Pharmacological Approaches for Enhancing Mental Health and Wellbeing

WHEN Wednesday, September 20th 2023
6:30 PM – 7:30 PM

WHERE Online

COST Free



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

In this event we will explore a variety of evidence-based strategies from the emerging disciplines of Lifestyle Medicine and Positive Psychology for enhancing mental health and wellbeing. Applications in clinical settings through short interventions will also be explored.

The presentation will also showcase a unique mental wellbeing program, called The Lift Project, which is being offered for free to all primary care providers (GPs, ACCHS, Aged Care and NDIS providers, Allied Health providers, Pharmacists and Dental clinicians).