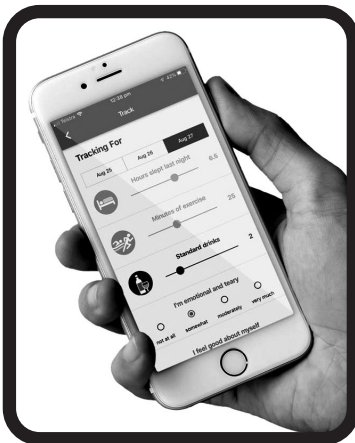




DURATION:
30 MINUTES

ATTENDEES:
50

LIFEBACK TRACKER WORKSHOP



What's covered?

In this high impact 30 minute + Q+A session, participants learn how the free Lifeback Tracker App, used correctly, can help improve mind health.

This 4 steps contained within this tool are designed to get users out of a 'fight or flight' state of mind and better able to overcome life's challenges:



ALCOHOL+DRUGS



EXERCISE



SLEEP



TALK



What do you learn?

- **Lifeback Tracker:** how to download the free App and get the most out of it
- **4 steps to better mind health:** plus free reminder wristband
- **Helping mates:** how to spot the signs and start a conversation
- **Helping yourself:** how to build your own Mind Health Action Plan

