



Learn how to include mental health in your business

If you're looking to improve your personal and business mental health, or support someone else in their business, join us at the free *Ahead for Business* information session in Singleton this month.

The 45-minute information session will include:

- Why mental health and wellbeing are so important in small business
- Skills to proactively recognise stressors and risks for your small business and for yourself
- What you can do as a business owner to look after yourself and your business
- An update on available services and information to support you or someone you know.

Date: Thursday, 28 February 2019

Time: 8:15 – 9:30am (presentation followed by morning tea)

Venue: Singleton Visitor Information and Enterprise Centre, Townhead Park
New England Highway, Singleton NSW 2330

Registration essential by Tuesday, 26 February via: <https://bit.ly/2GHDQQ5>

More information: 02 4924 6900 | hello@aheadforbusiness.org.au | aheadforbusiness.org.au

Ahead for Business been developed with the assistance of the business community in Singleton. The program aims to build awareness on the importance of mental health and wellbeing within small business and encourages small business owners to take action and stay well. This information session has been made possible by the generous support of the Singleton Council.