

AO REVIVAL TORONTO SPEAKERS SERIES PRESENTS

DEALING WITH COVID BURNOUT BY MANAGING OUR MENTAL HEALTH, SLEEP AND NUTRITION

ZOOM EVENT: WEDNESDAY MAY 19TH, 2021 AT 7:30 PM

SPEAKERS



Gillian Mandich, PhD

*Happiness expert, researcher and
founder of The International Happiness
Institute of Health Science Research*



Jordana Hart

*Holistic Nutritionist and
founder of I Hart Nutrition*



Julia Glowinski, MSW, RSW

*Registered Social Worker
and Certified Sleep Consultant*

Tickets will be \$25.00 for AO members/spouses/children and \$30.00 for all guests per computer.

All proceeds to be donated to **Sick Kids Hospital Dental Department**.

To register for the event please contact Jackie at the office at: 416.250.7417 between 9:00 am-1:00 pm, M-F or email: info@aotoronto.org. Once registered, a Zoom link will be sent out.

