

You are invited to the following webinar:

The Power of Pets: Supporting Self-Care and Mental Well-Being

Wednesday, October 21
1 p.m.- 2 p.m.

[Register here for webinar](#)



MIIA EAP Presents The Power of Pets: Supporting Self-Care and Mental Well-Being

October 21, 2026, 1:00 PM – 2:00 PM

This presentation explores the powerful role pets can play in supporting mental health and emotional well-being. It highlights how companion animals can help reduce stress, ease feelings of anxiety and loneliness, encourage healthy routines, and provide comfort through unconditional companionship.

Attendees will gain a better understanding of the human-animal bond, learn about research on the mental health benefits of pet ownership, and discuss practical ways pets can contribute to overall wellness. Get ready to show off your favorite pet pics!!!

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