



# Invest in your *mental health* and wellbeing at work

Mental health is an essential component of overall health. It is more than the absence of disease: It is about feeling good.

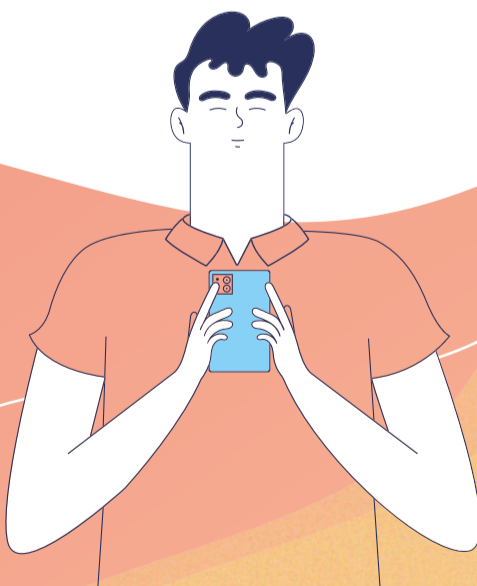
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**Empower** can help you feel better, and you will also be collaborating on an international Project.



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**QUESTIONS?**  
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