



## The perils and promises of social media: Social media and mental health



Join our live webinar on July 10, 2024 at 1:00 p.m. CT to learn how social media overuse can affect your mental and physical health, and how to do a digital detox if necessary. Scan the QR code to [register now](#).

This webinar will:

- Define healthy versus problematic social media use.
- Describe the impact social media can have on your mental health.
- Explain how to achieve a healthier balance when using social media.

**Visit your member website for more information.**