



# LUNCH WITH **MIA**

## MENTAL HEALTH AND HEART DISEASE: THE CONNECTION AND PREVENTION

The **Maryland Insurance Administration** is hosting a virtual event to discuss Mental Health and Heart Health. Topics include managing **mental health**, making **lifestyle changes** and understanding how to use your **health insurance** to fit your healthcare needs.

**Date:** Wednesday, February 8, 2023

**Time:** 12 pm - 1 pm

**Registration Link:**

<https://mia02082023.eventbrite.com>

**Zoom Link:**

<https://www.zoomgov.com/j/1617469684>

**Call In:** 646-828-7666

**Meeting ID:** 161 746 9684



**Special Guest Speaker:**

Joseph V. Gennusa III, PhD, RDN, LDN



**Maryland**  
INSURANCE ADMINISTRATION



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ALACRITY CENTER *for*  
HEALTH & LONGEVITY  
*in* MENTAL ILLNESS