

**HIRING OUR HEROES**

HAMPTON ROADS, VA

**M**ILITARY **S**POUSE **E**CONOMIC **E**MPowerMENT **Z**ONE

PLEASE JOIN OUR VIRTUAL  
WEBINAR

**Mental Health Matters**  
**Military Spouse**  
**Employment and Wellbeing**

Dr. Susanne Preston-Josey, Assistant  
Professor South University



Tuesday March 16, 2021  
12:00 - 1:00 PM EDT  
Register @ Eventbrite  
email:leonard.remias@norfolk.gov  
Call: 757.275.4766

Learn how employment helps to promote positive mental health  
and wellbeing outcomes.

IN PARTNERSHIP WITH SOUTH UNIVERSITY AND THE CITY OF NORFOLK

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