



**Presenter: Joelle Monaco**

# **Advancing Women’s Mental Health & Wellbeing in the Workplace**

**May 19, 2026, 9:00am-10:00am**

**Albany Guardian Society**

**12 Corporate Woods Blvd., #1st Floor, Albany, NY**

## **Key Takeaways:**

- Gain insight into workplace influences on women’s mental health.
- Recognition of factors that shape women’s wellbeing.
- Actionable steps to enhance both Individual wellbeing and organizational culture.



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If you have any questions, please feel free to contact Amanda Duff at [aduff@healthycapitaldistrict.org](mailto:aduff@healthycapitaldistrict.org)