



**John Melnick, B.Comm (Hons)
Distinguished Toastmaster**

**Speak About Mental Health –
Strategies to recognize and deal with depression in the workplace.**

John will address the reasons for and benefits to individuals and businesses when we speak about mental health.

John spent 27 years in the financial services industry. He experienced a severe depression in 2002, during which he endured three suicide attempts. He swam fully clothed - in a business uite into the Red River and spent the following six weeks in the mental health ward at Victory Hospital.

In 2003, John sold his investment business and now speaks professionally about mental health. John is a Distinguished Toastmaster and a member of CAPS - Canadian Association of Professional Speakers. His vision is to have everyone speak about mental health issues as easily as they speak about physical health issues.

A very interesting session! Mark your calendars and plan to attend.