

MxV Mental Wellness Podcast

Video	
MxV Mental Wellness Podcast	
Org/Publisher Website	
Topic	Health & Wellness
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Description	Welcome to MxV! Meet your co-hosts, Mike Veny and Leanna Lee. We're freelancers and business owners from different backgrounds and industries who have one thing in common: our struggle with mental health. Together, we focus on long-term mental health management and practical business strategies to help you work better and live well. Every month, we offer support and actionable advice to help you develop healthy wellness habits, be more productive, and build a strong support network.
Fee required to access?	No
Access:	Link to Content

Speakers