



# Recognize the influence of AI and social media on mental health



What steps you can take to protect your wellbeing in today's digital age? Learn more in our live webinar on Wednesday, May 14, 2025 at 1:00 p.m. CT. Scan the QR code to register now.

Attend this webinar to:

- Define artificial intelligence and how it affects social media
- Learn the signs of technology overuse and its effect on mental health
- Discover strategies to create a healthier relationship with technology

The webinar will be recorded and posted on your Employee Assistance Program website, [Member.MagellanHealthcare.com](https://Member.MagellanHealthcare.com) (enter Principal Core).