



Video: When people achieve their health goals, we're all better for it.

Emily: **"When I grow up, I want to feel like myself, so I can be there for the ones I love."** *[Emily is sitting on a chair in a white room, speaking to the camera]*

[Text on screen: Everyone has health goals.]

Michael: **"I only want my heart racing when I'm watching the playoffs."** *[Michael is sitting on a chair, speaking to the camera]*

[Text on screen: That's why we're investing in preventative health resources in your communities.]

[CAMH and St. Mary's Prevent Clinic powered by Manulife logos]

[Text on screen: Manulife, Where will better take you, Learn more at [Manulife.ca/community](https://www.manulife.ca/community)]

[Text on screen: Accessible formats and communication supports are available upon request. Visit [Manulife.ca/accessibility](https://www.manulife.ca/accessibility) for more information.]