Maths of the Day

$$\sum_{n=1}^{\infty} \frac{H_n}{n} \left(\zeta(3) - 1 - \frac{1}{2^3} - \dots - \frac{1}{n^3} \right) = 2\zeta(2)\zeta(3) - \frac{7}{2}\zeta(5)$$