learntolive

MAYFLOWER MUNICIPAL HEALTH GROUP

Find inner calm **amidst**

CHAOS

We invite you to join the **MMHG Fall Challenge** this November for a chance to win a **$50 Amazon e-gift card!**



To enter, do one or more of the following by **11/30:**

- ☐ **Enroll in a Learn to Live program**

or

- ☐ **Complete a lesson in your program**

Scan or visit: **learntolive.com/partners**
enter code **MMHG**

Available on the App Store

GET IT ON Google Play

Your Mayflower Municipal Health Group benefits include free access to Learn to Live's full suite of online resources supporting Mental Health.

- 24/7 immediate access
- Private and confidential
- Self-guided tools and programs
- No wait list, referrals, or obstacles
- Available to family age 13+
- Works as well as face-to-face therapy

Enroll in a program and/or complete a lesson by **November 30, 2026**, and you'll be entered to win!

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enter code **MMHG**

Learn to Live's Online Programs

RESILIENCE | STRESS, ANXIETY AND WORRY | SOCIAL ANXIETY
DEPRESSION | INSOMNIA | SUBSTANCE USE | PANIC | TRAUMA

1. Max 2 entries per person. For full terms and conditions, visit: https://tinyurl.com/MMHGFall2026