

Everyone has a story.

And every story matters.

During the month of May, we invite you to participate in the **Learn to Live Mental Health Month Challenge** for an opportunity to win an Amazon e-gift card!

To enter, do one or more of the following:

- Enroll in a Learn to Live program
- or
- Complete a lesson in your program



**This Mental Health Awareness Month**  
Scan or visit: [learntolive.com/partners](https://learntolive.com/partners)  
and enter code: **MMHG**



### Learn to Live's Online Programs

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