

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
and enter code: **MMHG**



Learn to Live's Online Programs

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