

Z est for life. missing Zzzs it's est



Participate in our March Sleep Challenge!

We invite you to participate in the Learn to Live Sleep 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**
- Complete a lesson in your program

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





Better sleep is just a click away!

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