

BE THE SUPERHERO OF YOUR LIFE



Empower yourself with help from Learn to Live!

This May, participate in Learn to Live's **Mental Health Month Challenge** for an opportunity to win an Amazon e-gift card!

To Qualify:

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

Scan and enter
code: **MIIA**



DIGITAL MENTAL HEALTH PROGRAMS FOR:

Resilience | Stress, Anxiety & Worry | Depression | Social Anxiety | Insomnia | Substance Use | Panic