

## Winter blues getting you down?

Make your days brighter with help from Learn to Live.

Check out our online mental health programs with tips to brighten your outlook and boost your mood.

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







Learn to Live's Online Programs

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