

MENTAL HEALTH AWARENESS MONTH

# Challenge yourself to feel better.

It's Mental Health Awareness Month, and we challenge you to make your emotional well-being a priority. If life often feels overwhelming, explore our proven programs. When you do, you'll be entered for a chance to win an **Amazon gift card for up to \$50**. To enter, just do one or more of the following:

- ✓ Enroll in a Learn to Live program
- ✓ Complete a Learn to Live lesson
- ✓ Attend a live webinar  
Register here: <https://www.learntolive.com/webinars>

Take your confidential assessment today at [learntolive.com/partners](https://learntolive.com/partners) and enter **MIIA**



Use your phone to scan the QR Code



Entry details: Sign up anytime between 5/3-5/31, 2021; 4 entries max per person.