

MENTAL HEALTH MATTERS



MAY 1 – JUNE 11

The WMCHealth **Mental Health Matters Challenge** starts **May 1!**

Participants will learn important information about mental health, including warning signs, suicide prevention, and where (and how) to seek support. They will then earn Wellable Points for practicing daily Self-Care Activities designed to strengthen their mental health. There is an additional opportunity for participants to make a Personal Commitment To Mental Health to take an active role in destigmatizing and supporting this critical area of well-being for themselves and others!

WAYS TO EARN POINTS AND WIN PRIZES!



Walking & Running



Nutrition



Cycling



Weekly Trivia Challenge



Other Fitness Activities

**ALREADY A WELLABLE MEMBER,
SIGN INTO YOUR ACCOUNT FOR
THE EAT WELL BE WELL CHALLENGE:**

<https://app.wellable.co/>



**IF YOU DON'T HAVE A
WELLABLE ACCOUNT, CREATE
ONE HERE AND JOIN THE FUN:**

<https://app.wellable.co/WMCHealth>



Wellable