May is Mental Health Awareness Month and you’re invited to the Building Resiliency Webinar presented by Learn to Live’s Chief Psychology Officer, Dr. Russ Morfitt to learn how to improve your emotional resilience and incorporate mindfulness into your everyday life. Visit learntolive.com/webinars to register at no cost, just include the code UMN.

You’re also invited to participate in the 4 Better Mental Health Challenge, through Learn to Live. The challenge encourages people to build their mental health resiliency by completing 4 lessons in one of the Learn to Live programs during the month of May. Each program has 8 lessons and each lesson is designed to take approximately one week to complete. For each lesson completed in May, you will earn an entry (four entries max per person) into a drawing where Learn to Live will be giving away 1-of-5 $100 Amazon e-gift cards.

Challenge details:
- Runs from May 1st to May 31st, 2019
- Each completed lesson will earn you one entry (four entries per person max allowed)
- You can qualify to win 1-of-5 $100 Amazon e-gift cards
- Rewards will be distributed via email within one week of the close of the challenge

To get started visit Learn to Live and sign in, or create an account by entering the access code UMN.

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