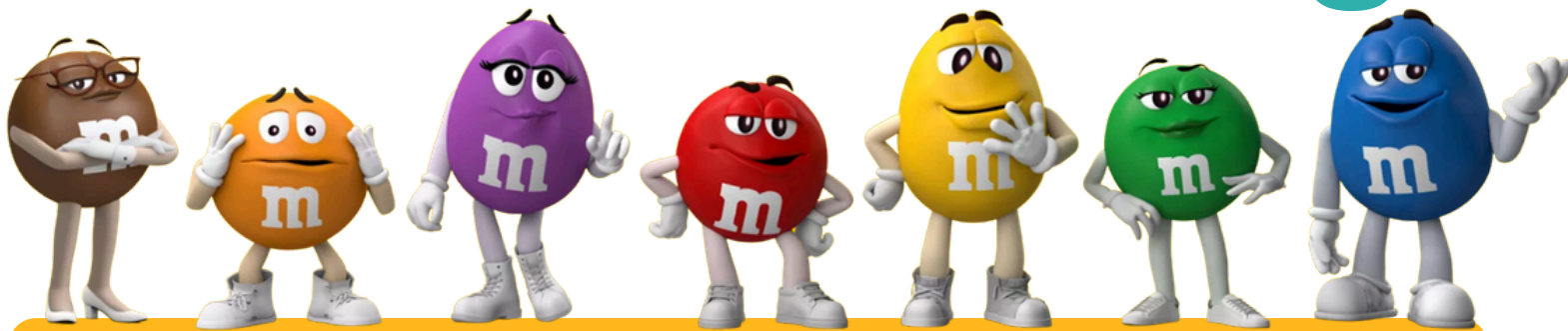




WellPath's M&M Challenge



Mental Health and Motion Challenge

May is Mental Health Awareness Month. Mental Health is part of overall health. And just like other aspects of health there are preventive activities and even activities to improve our mental health.

One of the most potent prevention activities against depression, anxiety and cognitive disorders is physical activity (really exercise) which has been shown in some studies to be as effective as pharmaceuticals at treating depression and anxiety.

In addition to exercise there are other evidence-based activities shown to improve mood and even cause happiness. WellPath's Motion and Mental Health Challenge is two months of simple evidence-based activities to build our best mental health and prevent mental illness.

WellPath's Motion and Mental Health Challenge begins Monday, May 18th and continues until July 12th. Two months of simple evidence-based activities each day to build our best mental health and prevent mental illness. If you're up for the challenge, register below. WellPath will have an orientation session in the first week of the challenge, a web page full of resources and other educational and supportive activities for you. Let's go!



**Challenge
Begins May 18th
and
Ends July 12th**

Registration

