



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MINUTES FOR MENTAL HEALTH

A CHALLENGE FOR THE MIND AND BODY

In honor of **Mental Health Awareness** month, participate in a challenge built for your **mental AND physical health**.

Each week, we'll share a mental health statistic, as well as a correlated challenge. At the end, those who **complete all of the challenges will receive a t-shirt** designed for the challenge.



Challenge Information

Dates: May 1st-31st

Registration Deadline: May 8th

Price: \$12/Members; \$15/Non-Members

Prize: T-Shirt

Participant Registration

First Name: _____ **Last Name:** _____

Home Branch: _____ **Date of Birth:** ____ / ____ / ____

Email Address: _____ **Shirt Size:** _____

