

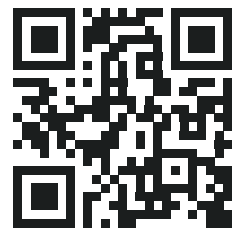


May is Mental Health Month

Move for better mental health!

Did you know movement has a profound impact on your mental wellbeing? Physical activity is 1.5 times more effective at alleviating stress, anxiety and mild depression than taking antidepressant medications. Benefits also include reduced stress, improved memory, better sleep and a mood boost.

No matter your age or fitness level, find a way to move for your mental health today.



Scan the QR code to visit your member website for more information.