

May is Mental Health Awareness Month. It is a national movement aimed at raising awareness about mental health. Since 1949, [Mental Health America](#) and their affiliates across the country have led this national observance. During the month of May, you're invited to learn why taking care of your mental health is essential.

As *Behavioral Health* is one of [Level Up's](#) five dimensions, we want to inspire you to embrace better mental health. Mental health is as important as physical health, and it is vital to living a normal, healthy, and fulfilling life. Taking care of your mental health is one of the most caring things you can do for yourself and others. That's why we are dedicating Wednesdays to bring awareness to Mental Health Awareness Month.

Webinars

Join us at noon on Wednesdays in May!

Date	Class	Registration Link
May 11	Burnout & Motivation Series	Sign up now
May 18	Caregiver's Guide to Optimal Self-Health	Sign up now
May 25	Mindfulness-Based Art	Sign up now

Prizes

Everything is better with prizes, right?

Each week, Level Up will raffle **two items**:

- Apple AirPods
- \$50 Gift Card

To be entered into the random drawing each week, you must **register and attend** at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to improve our mental wellness and ensure our minds are cared for—that's staying positive and elevating our total well-being!



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