



MAY IS MENTAL HEALTH MONTH **2018**

FITNESS
#4MIND4BODY

Learn more at bit.ly/MayMH



Each day during the month of May, Mental Health America will post a challenge on Families First's Facebook, Twitter, and Instagram accounts.



Each daily challenge will be designed to take relatively little time, and be accessible to individuals no matter their level of physical fitness or where they are on their mental health journey. We are asking individuals who participate in the challenge to share their progress and successes by posting on social media with:

#FamiliesFirstIN and #4mind4body.

[Questions?](#)