

## May is Mental Health Month

Celebrate Mental Health Month  
with the EUTF and HMSA!

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

Join us for this 4-week self-care challenge that focuses on simple ways to improve your emotional well-being.

**REGISTER TODAY!**



[See Official Rules for details.](#)



# 2022 Self-Care Challenge

**May 2 - May 27, 2022**

**Registration ends May 23, 2022**

Challenges are open to all EUTF members, 18 years and older, regardless of medical plan affiliation.

[Refer to the HMSA-EUTF 2022 Self-Care Challenge Official Rules](#)