



Mental Health Awareness (MHA) Month

INCREASE AWARENESS | REDUCE THE STIGMA

Join us for these upcoming MHA programs throughout the month of May.

Check-In Challenges

Mindfulness-Based Stress Reduction Five-Week Challenge May 5–June 8

- Weekly self-guided emails
- Complete check-in activities each week
- Two participants will be randomly selected to win an MVP giveaway

Short Breaks

Breath Breaks

Tuesdays 1:30–1:45 pm

Meditation Breaks

Wednesdays 10–10:20 am

Thursdays 3–3:20 pm

MHA Webinars

Emotional Well-Being and Mindful Eating

Tuesday, May 6 12–12:30 pm

Mental Health Awareness

Friday, May 9 12–1 pm

The Power of Journaling

Tuesday, May 13 12–1 pm

Lemon Balm: The Uplifting Herb

Thursday, May 15 12–12:30 pm

Social Media Use and Mental Health in Children and Teens

Monday, May 19 12–1 pm

The Power of Empathy: Connecting Heart and Spirit

Thursday, May 29 12–1 pm

Register today!

Visit mvphealthcare.com/calendar and select the *MHA Programs* tab.



Bring a friend or family member!

Our MHA programs are open to everyone, including non-MVP members.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

