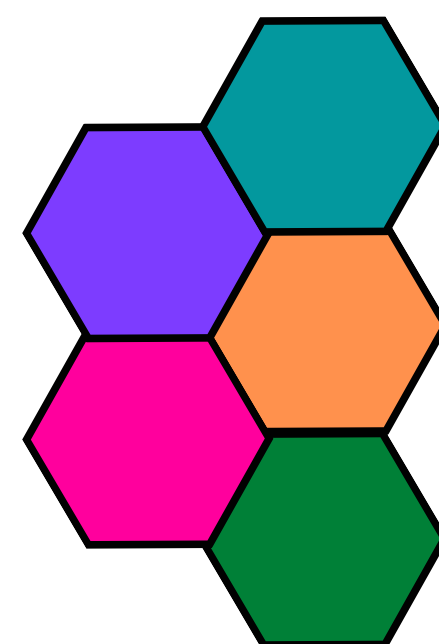


# 5-A-DAY



## MENTAL WELLBENG CHALLENGE

### Interested in joining?

- **Raise awareness of mental health.**
- **Challenge employee's.**
- **Improve mental wellbeing.**
- **Create a positive work environment.**

**Register your organisation for the challenge by contacting:**  
[Info@wellbeing4business.co.uk](mailto:Info@wellbeing4business.co.uk)

**wellbeing4business**  
leading the business of wellbeing

**Start date:** 6th April

**Finish date:** 4th May

#### **Aim:**

Complete as many of the 5 ways to wellbeing as possible on daily basis to score 'WELL points'.

We will provide you with access to the specially designed Well 1-2-1 app to track your daily activity.

#### **Who can take part?**

Anyone, you must be over 18 years old.

Share your challenge on social media: **#5MWCHALLENGE**