

A man in a light green t-shirt and dark shorts is performing a handstand on a paved surface. He is looking down, and his body is in a controlled, balanced position. The background shows a park-like setting with green trees and a clear sky.

# *HELP US PUSH* FOR BETTER MENTAL HEALTH

Take on the challenge from 1 – 23 February and  
put the spotlight on mental health. **#pushforbetter**

**JOIN US**



Canadian Mental  
Health Association

[www.thepushupchallenge.ca](http://www.thepushupchallenge.ca)