



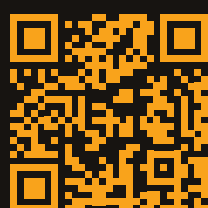
THE
PUSH-UP
CHALLENGE

HELP US PUSH FOR BETTER MENTAL HEALTH

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

SIGN UP NOW

Follow us @PushforbetterCA



Canadian Mental
Health Association

www.thepushupchallenge.ca