



In 2018, Mental Health Connecticut (MHC) will celebrate 110 years of improving health for all Connecticut residents. We believe that mental health is a vital component of overall health, from talking about it to caring for it. To honor our anniversary, we want to show Connecticut the importance of giving 110 percent to mind and body health, and we need your help!

MHC is looking for champions of a healthy mind and body. As a **#Be1of110 Champion**, you can inspire others with your story and help us raise \$110,000 for MHC's wellness programs, such as gardening, yoga, art, relaxation rooms, and more. Together, we will:

- 1) Share stories:** #WhatMovesYou to be healthy? Running? Meditation? Painting? Playing with your kids? Skiing? Dance? Gardening? Volunteering? Dog walking? \_\_\_\_\_? Share your story as a Champion of a healthy mind and body and inspire others to give 110 percent to adopting new healthy habits!
- 2) Fundraise:** Sign up as an individual or a team to raise \$1,000, and help us reach our goal of raising \$110,000 in 2018. Top fundraisers will compete for great prizes!
- 3) Join the Movement:** Join other champions as we ask Connecticut to explore activities that improve mind and body health. It's time we all gave 110 percent to ourselves, our health, and our wellbeing.

Visit [www.mhconn.org/be1of110](http://www.mhconn.org/be1of110) to get started. We've included everything you need to tell your #Be1of110 story, host a successful fundraiser, and rally Connecticut to be champions of mind and body health!



**#Be1of110**  
**#WhatMovesYou**  
**#Give110Percent**

[mhconn.org/be1of110](http://mhconn.org/be1of110)