

March 27, 2018

Dear Sir or Madam:

It’s Your Health on the Line is a local workplace initiative supporting Mental Health Week, May 7-13, 2018. Workplaces are invited to support employee wellness by participating in an awareness initiative that asks staff to share their fresh ideas for brighter days.

**How to Participate**

Simply set up the clothesline in a staff area of your workplace. Staff will choose a paper cut out and write a message or draw a picture about what they do to revitalize their mind and body. They are then asked to hang it on the clotheslines for everyone to see.

**Prize Draws**

1. Each participating staff will enter for a chance to win a prize.
2. Each participating workplace will enter for a chance to win the grand prize of a sponsored wellness break.\*

\*Must complete & return the evaluation form to enter.

**Register your workplace today!** We just need a few details about your workplace to get started. We will send you a package with everything you need to participate including: poster, clothesline, clothes pins, paper clothing cut outs, print materials and a prize. For more information, call Lori Hynes at 634-4322.

Please register by Wednesday, April 18th, 2018. You can complete the enclosed registration form and fax to 634-2870 or email to [cmhi.adm@gmail.com](mailto:cmhi.adm@gmail.com), or you can register by telephone at 634-4322.

Your support is greatly appreciated,

Mental Health Partners Working Group

Encl.