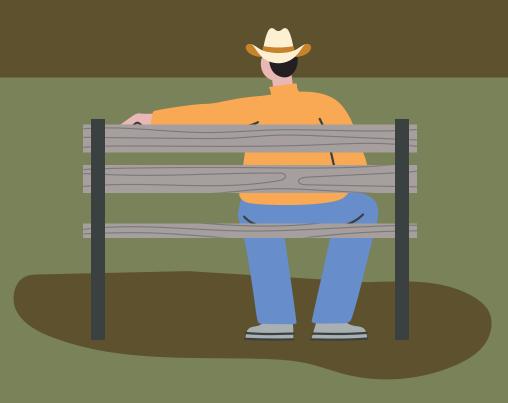


Be kind to your mind.

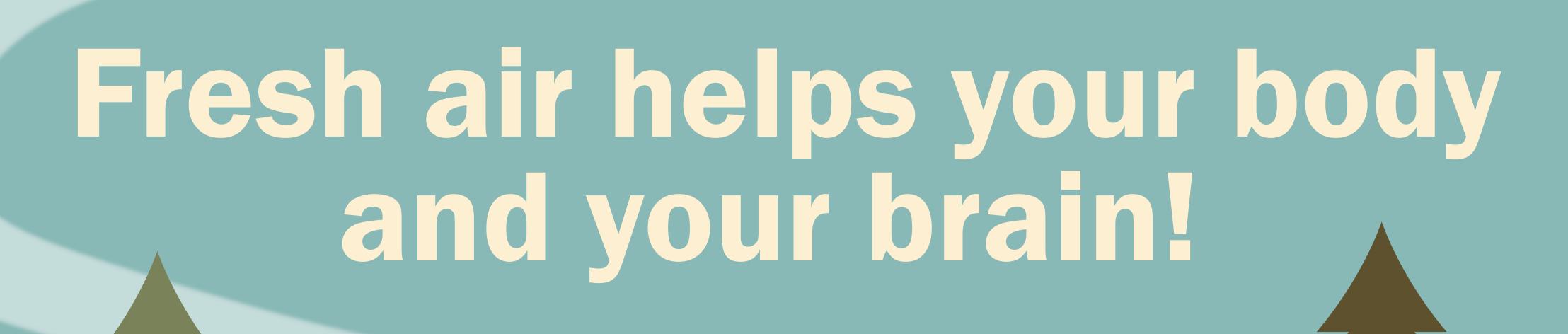


Spend time outdoors to improve mental health.





Scan to learn more



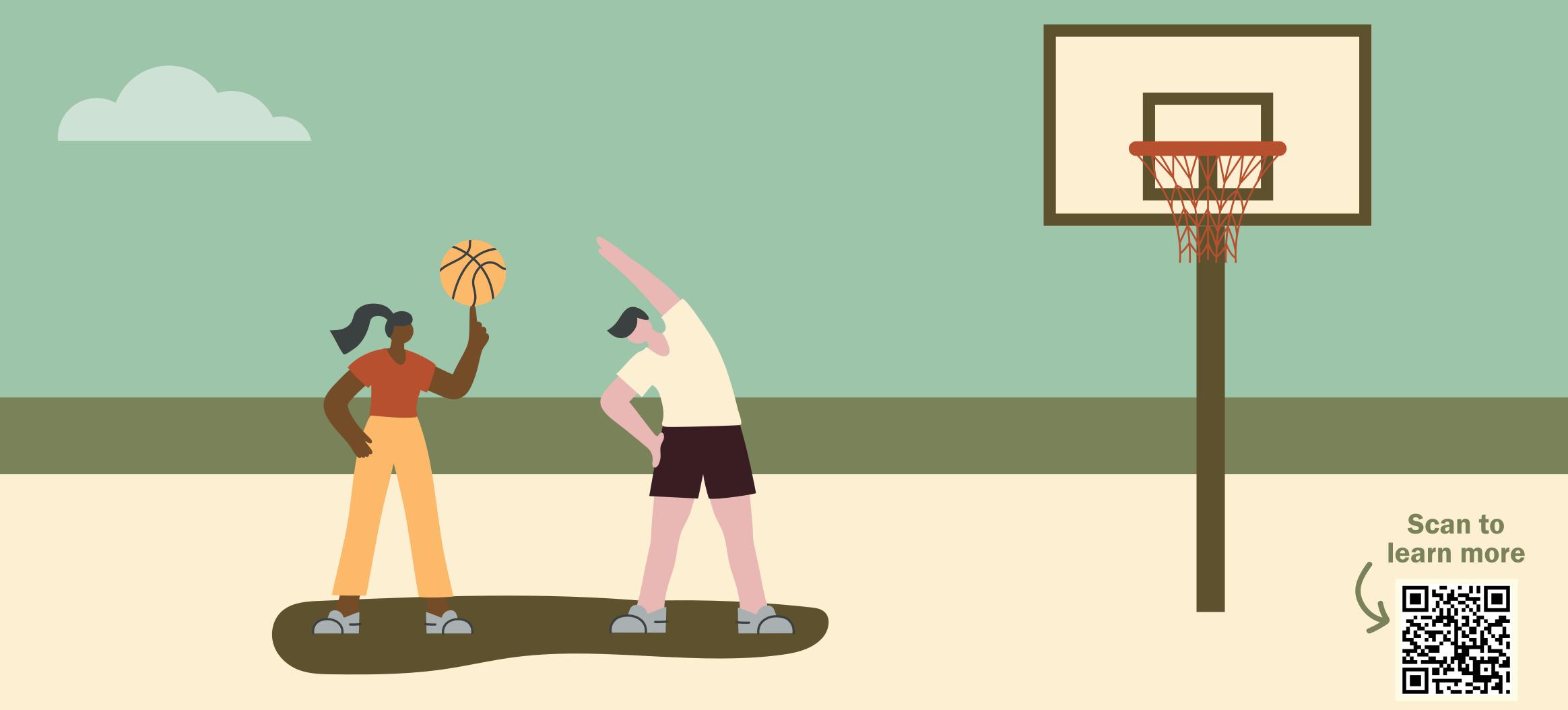








The great outdoors is great for mental health.



Take a hike!



Biking, hiking, walking, or running

– this trail helps improve your physical and mental health.





Move your body, boost your brain.





Your mental health benefits from every step, pedal, or skip.

