### **Mental Health Awareness Month**

**Email Subject:** Focus on Mental Health This May!

Hi {Name},

In Mental Health Awareness Month, check out "Mental Health At Work: Why Talk About It?" by Mike Veny {Link to LMS}. This 12-minute course discusses the importance of mental health in the workplace. Let's create a supportive work environment.

**Internal Post:** 🧠 May is Mental Health Awareness Month! Dive into "Mental Health At Work" by Mike Veny {Link to LMS}. Spend 12 minutes understanding workplace mental health. Your well-being is important!

### **Better Sleep Month**

**Email Subject:** Improve Your Sleep for Better Health!

Hi {Name},

Better Sleep Month calls for "Improving Your Circadian Health" by OpenMind {Link to LMS}. This 11-minute course explores how to optimize your sleep cycle for better health. Let's ensure quality sleep for a healthier life!

**Internal Post:** 😴 Better Sleep Month is here! Check out "Improving Your Circadian Health" by OpenMind {Link to LMS}. Learn in 11 minutes how to sleep better and boost your health. Sweet dreams!