

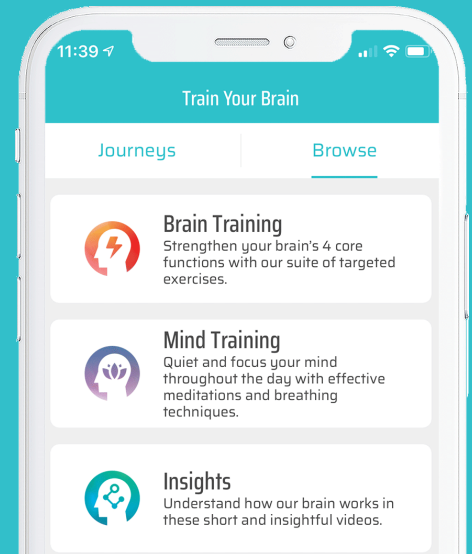
Welcome to MENTAL HEALTH AWARENESS MONTH



TAKE THE BRAIN HEALTH CHALLENGE

The brain is considered one of our most precious assets, yet it's often the most neglected. Being aware of your brain's key capacities will help you target and train your brain to build resilience, communicate more effectively and be more productive.

Take this month's challenge and earn 2,000 Brain Points to win prizes!



Get Started Today!

TOTALBRAIN.COM/OEBB

HERE'S HOW THE CHALLENGE WORKS:

1. Earn 2,000 Brain Points by doing any of the following activities:
 - a. **Take the assessment** to learn about your brain strengths and opportunities
 - b. **Train** using the cognitive exercises, breathing and meditation practices
 - c. **Watch insightful videos** and learn more about the science on how your brain works
2. Get entered into a raffle to win prizes