



Canadian Mental
Health Association
Nova Scotia
Mental health for all



LE DÉFI PUSH-UPS

JOIN THE PUSH
FOR BETTER
MENTAL HEALTH
2,000 PUSH-UPS
FEB 11-28

Get fit, have fun, and raise funds for mental health with **The Push-Up Challenge.**

The Push-Up Challenge is a free mental health and fitness challenge that asks participants to do 2,000 push-ups in 18 days, representing the 2,000 lives lost to suicide each day, worldwide.

HOW IT WORKS:

Register

Visit www.pushupchallenge.ca to register. Join as an individual and tackle the challenge solo, find an existing team and take part with your crew or become a Team Captain by creating your own team.

Share

Once you've registered, you can share your page and recruit some team members to join your Team. For big groups, you can sign up as a Community to create a collection of Teams.

Participate

From February 11 to 28, we'll share daily push-up targets and daily Mental Health Facts via our free app, socials and website.

Questions?

Contact Erin Christie, Provincial Lead,
Communications and Community Engagement,
Canadian Mental Health Association Nova Scotia Division
Email: erin.christie@novascotia.cmha.ca 56-7890

GET INVOLVED

Your effort can make a big impact!

Every dollar you raise will help CMHA Nova Scotia Division to support recovery from mental illness and foster positive mental health outcomes. Your support plays a crucial role in helping more Nova Scotians access the essential mental health services they need to thrive.

By contributing to our cause, you are making a significant investment in the well-being of our community and reinforcing the important message that no one should face their mental health journey alone.

WILL YOU PUSH FOR BETTER?

Scan the code below to register.

