

E-Mental Health *Fall* *Wellness* *Challenge*

- From September 15 to November 30, 2023, sign-up for any of the online programs available on Bridge the gapp
- For every online program you sign-up for, you can enter your name to win an Apple Watch.
- To submit an entry, scan the code below with your device or complete the entry form on nl.bridgethegapp.ca
- **Deadline: 11:59 pm Thursday, November 30, 2023**
Draw Date: Friday, December 1, 2023
- **Contest open to residents of Newfoundland and Labrador only**

