

Cultivating Healthy Spaces

KEEP GOING. KEEP GROWING.

MAY: MENTAL HEALTH
AWARENESS MONTH

REGISTER FOR THE PLANT
CHALLENGE BY EMAILING
[HCWELLNESS@TOMPKINS-
CO.ORG](mailto:HCWELLNESS@TOMPKINS-
CO.ORG) AND RECEIVE A
PLANT TO GREEN UP YOUR
WORKSPACE.

REGISTER BY
APRIL 22TH



In Honor of Mental Health Awareness Month

CULTIVATING HEALTHY SPACES

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01 Register

Email

hcwellness@tompkins-co.org to register by April 22th. Include physical work address.

02 Share Results

A small desktop plant will be delivered to your work before May 1st. Share your plants growth and health via email or the [GTMHIC Facebook page](#).

03 Weekly Emails

You will receive weekly emails about plants and and maintaining mental wellness throughout the month of May.