

START YOUR OWN #LMADAY EVENT!

THE LIVE MORE AWESOME FOUNDATION IS A NON-PROFIT MOVEMENT TO DEDICATED TO RAISING AWARENESS AND REDUCING THE STIGMA SURROUNDING MENTAL HEALTH. THE MORE CONVERSATIONS THAT WE START, THE MORE PEOPLE REALISE THAT IT'S A NATURAL PART OF LIFE AND THAT IT'S OK TO ASK FOR HELP.

First up, thanks for deciding to help spread the good vibes and good word about looking after your mental health, it's pretty damn important.

#LMADay is the first Saturday of every month, a day to get together with awesome people, do awesome things and start as many conversations as possible about positive mental health.

Starting your own #LMADay event anywhere in the world is a pretty simply exercise, there are just a few things that you need to know:

- Check out www.LMADay.com for some background on what we're trying to achieve.
- Your event should have something to do with mental health. That's pretty easy, most do. Just make sure you include a part in there where you can get the mental health message across. You can talk to me if you need some ideas. The events are a chance to get awesome people together, share personal experiences and make sure everyone is all good.
- Make a facebook event for your particular event and invite everyone you know. Just title it "Your Event Name - Supporting #LMADay and Live More Awesome"
- Send us a link to that event and any other relevant information and we'll put it up on the official #LMADay events website and promote it in our posts.

It's not really much more complicated than that...

If you have any questions please don't hesitate to get in touch:

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