

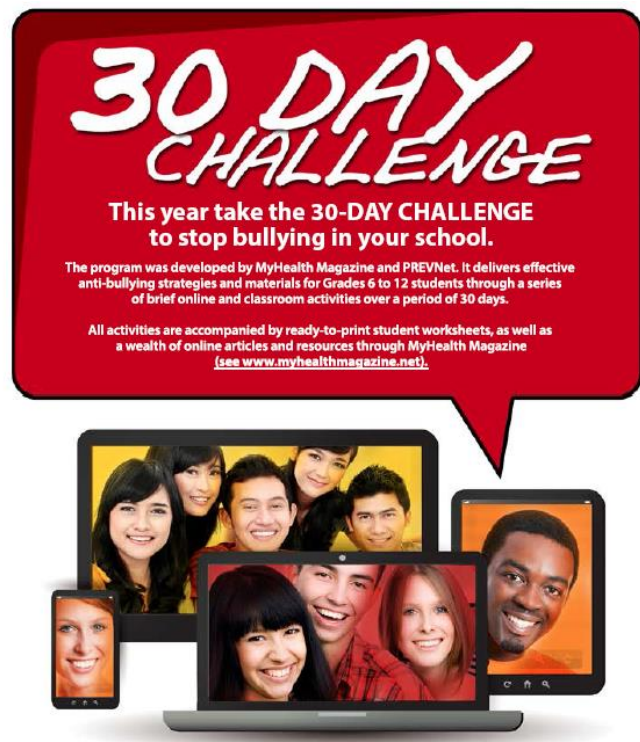
## MyHealth Magazine Launches the 30 Day Challenge

Each year, thousands of students across the country will be teased, bullied and harassed. As a result, many of them will experience anxiety, depression, low self-esteem and isolation well into adulthood.

This year, make a difference, take the 30-Day challenge to stop bullying in schools.

The 30-Day Challenge was developed by MyHealth Magazine and PREVNet. It delivers effective bullying prevention strategies and materials for Grades 6 to 12 students through a series of online and classroom activities over a period of 30 days. The program is intended primarily for students and educators, but parents can also participate. They will have the access to both the student and educator program materials as well as the materials specifically developed for parents.

The cost of the program is \$295.00 which provides all students, parents and teachers at the school with access to all of the 30-Day Challenge online and classroom based materials for an entire year. For schools who already subscribe to MyHealth Magazine, the program is available at no extra charge.



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