



Celebrating World Mental Health Day 2023
3rd - 10th October 2023

Discover the magic of
HEALING CONNECTIONS!
Are you ready to share yours?"

At Aster, we understand the healing power of connections. In the busy world of healthcare, where our focus is on healing others, it's equally important to nurture our own mental and emotional well-being. Our "Connections that Heal" campaign celebrates the profound impact of meaningful connections on our lives.

How to Participate:

- **Capture a Moment:** Take a heartwarming photo of your loved one, whether it's your family, friends, or even your adorable pets.
- **Caption Your Connection:** Share why these connections are vital for your mental and emotional well-being. Tell us how they bring joy and healing to your life.
- **Use the Hashtag:** Don't forget to include the campaign hashtag: #ConnectionsThatHeal.
- **Tag a Colleague:** Invite a colleague to participate by tagging them in your post.

One post daily with maximum likes wins an exciting Prize!

The "Connections that Heal" campaign will run on Viva Engage from **6th to 9th October**.

Let's come together to celebrate the healing power of connections and inspire our colleagues to do the same as we celebrate the World Mental Health Day.

#ConnectionsThatHeal

[Click Here to Participate!](#)