



Calling all emergency services volunteers!

**Prioritise your wellbeing
AND win a \$50 voucher!**

During May, **MyPulse** is acknowledging the network of **emergency services volunteers** who juggle everyday life to make sure our communities are supported in times of need.

As a volunteer, you often put others first, but this month, we're encouraging you to take a moment for yourself.

When was the last time you checked in on your own wellbeing and sought support to keep you feeling your best?

Now is the perfect time to prioritise you!

Why not complete a MyPulse mental and/or physical screen?

Based on your results, you'll have access to personalized support from our MyPulse coaches, helping you stay at your best.

Need an extra incentive?

Every SES, TFS, and AT volunteer who completes a screen during May will go into the draw to **win one of three**

\$50 IGA supermarket vouchers.

(T&Cs apply)



\$50



\$50



\$50

Visit www.mypulse.com.au to complete a screen, then follow [this link](#) to fill out your entry form

Behind every volunteer is a network of support that makes it all possible.

Thank you for everything you do, and for all the unseen efforts that make such a difference.

