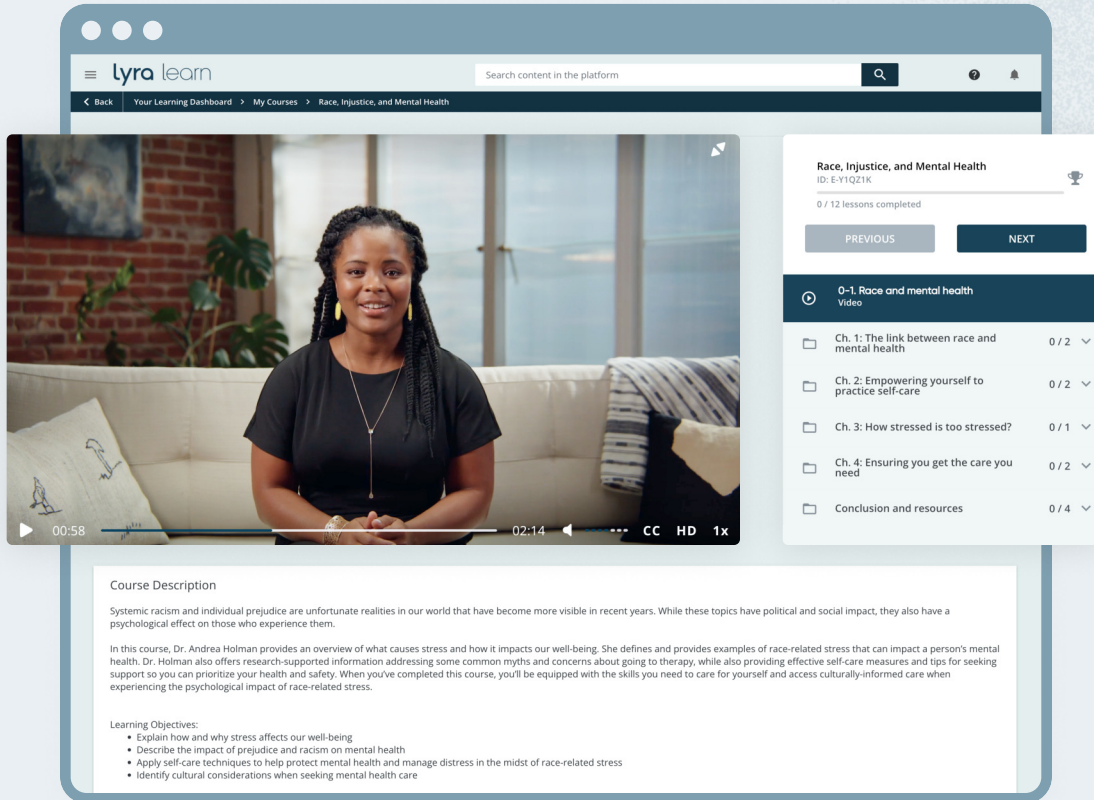


Lyra Learn

Build strategies to help improve your well-being at work and home with Lyra Learn, an eLearning platform created by Lyra's team of mental health experts.



On-Demand Courses & Mental Health Minis

Explore unlimited on-demand courses taught by mental health professionals at your own pace. While some courses feature 5-8 chapters of in-depth content, Lyra's Mental Health Mini courses take less than 30 minutes to complete. Mini course topics include:

Understanding mental health
Tackling mental health stigma

Being an ally at work
Putting your mental health first

Performing your best at work
Leading with awareness, clarity, and confidence

Gatherings

Engage in Gatherings – virtual listening and discussion sessions on thought-provoking topics related to mental health, current events, diversity, equity, inclusion, and belonging. Each Gathering is a supportive space led by a clinical topic expert. Attendance is limited to ensure an intimate, small-group experience.

To get started, visit learn.lyrahealth.com and enter your customer code: **Walmart5&10**

