

MINDFULNESS CHALLENGE



24/7 Phone Support - 877-688-4700



How to participate

1. Scan the QR Code
2. Download Fortify, Climb, Lift, or Turn
3. Complete the "Rising Up" Journey



Questions?

Did you know learning mindfulness can reduce depression relapse by 50%? You keep hearing about meditation being helpful in recovery. But how exactly? Are you ready to try?

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