



Meditation is a simple, effective, and easy way to calm your busy mind, relax your body, become grounded, and find inner peace amidst the chaos of daily life. The Meditation 101 series is designed for those new to the practice and will give you all the tools to get started. Give it a try!

To get started, go to:

[app.wellable.co/Meditation101](https://app.wellable.co/Meditation101)

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**WSHG**