



A GREAT NEW CHALLENGE IS STARTING SOON

# TOP OF MINDFULNESS

November 9, 2020

**Are you ready to stress less?**

Mindfulness is about slowing down, stopping, and being still.

Learn about mindfulness and how to practice it every day.

Set your personal goal, restore composure to your life!

Go to **Challenges** on the mobile app or  
[member.virginpulse.com](https://member.virginpulse.com)



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