

Mindful Minute

Challenge runs: March 11–17

As you train your brain to feel more connected and grounded, see what you can learn about yourself and the world around you.

- Achieve the habit 5 out of 7 days.
- Get easy, step-by-step advice.
- Track to earn **200 points**.



Looking to join? Go to
join.virginpulse.com/Roehl
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Mindfulness is a powerful tool to improve your wellbeing and longevity.