



# Headspace is here.

Headspace is your everyday guide to meditation and mindfulness. You and your family can experience the benefits of less stress, more focus, and better sleep for free.

Join this 30-minute webinar to learn more about Headspace, how to start your free membership, and how to try a guided meditation for yourself.

JOIN THE LIVE WEBINAR

Monday, 13th March

7:30pm GMT

**REGISTER HERE!**