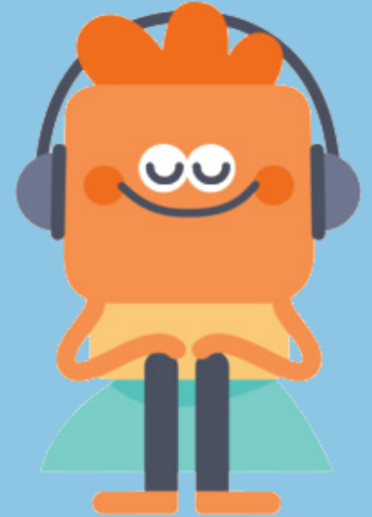


# Take a Moment for Yourself with headspace

Enjoy exercises to improve your:  
mindfulness • sleep • stress •  
meditation



easy access • great for all ages • multi-cultural • multiple languages

Scan the QR code to start  
the enrollment process and  
receive one year of  
Headspace Premium FREE  
(\$70 value)



\*After two weeks you will be asked to  
participate in a survey



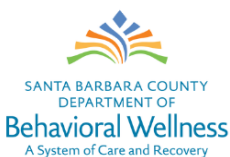
Questions? You are welcome to contact:

Anthony Diaz (Español)- (805)314-4356, [cardiaz@sbcbbwell.org](mailto:cardiaz@sbcbbwell.org)

Rafael Valdovinos- (805)325-6157, [rvaldovinos@sbcbbwell.org](mailto:rvaldovinos@sbcbbwell.org)

Mazie Martin- (805)280-2526, [mmartin@sbcbbwell.org](mailto:mmartin@sbcbbwell.org)

Maribel Landeros- (805)319-8335, [mlanderos@sbcbbwell.org](mailto:mlanderos@sbcbbwell.org)



Help@Hand Innovations Project is funded by the Mental Health Services Act (MHSA)