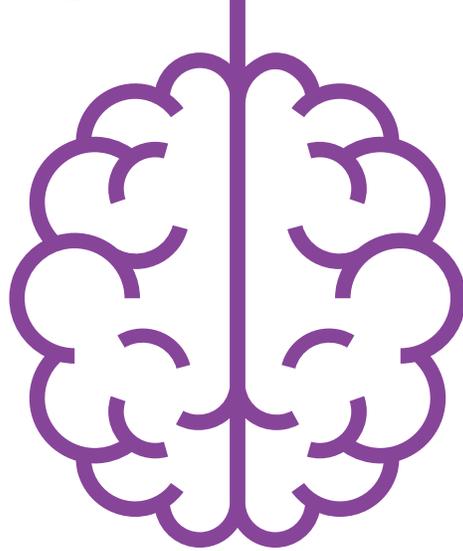


LIVING WELL PRESENTS:

THE PEAK MIND CHALLENGE



Improve brain power, mood and performance in as little as 12 minutes a day.

Point32Health



Harvard Pilgrim Health Care



TUFTS Health Plan

Take the Peak Mind Challenge.

We've put together a playlist of twenty, 12-minute meditation videos in the styles which Dr. Amishi Jha has studied in her mindfulness research. Practice along, checking the boxes below each time you complete a day in the challenge. Soon, you'll be on your way to experiencing all the benefits a peak mind has to offer.

Scan this QR code to begin the challenge



Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> Day 1			
<input type="checkbox"/> Day 2			
<input type="checkbox"/> Day 3			
<input type="checkbox"/> Day 4			
<input type="checkbox"/> Day 5			

For full details on the peak mind challenge visit: point32health.org/peakmindchallenge