

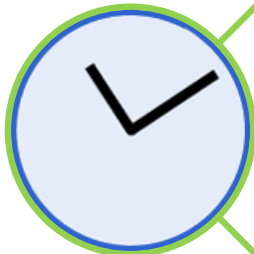
Learn To Meditate!

Studies show that meditation can increase concentration, decrease anxiety, and contribute to a general sense of wellbeing.

Use these three steps to get started today!



Get comfortable.
Find a space that is comfortable and free of distraction.



Choose a realistic and reasonable amount of time to meditate. It takes practice!



Close your eyes and lengthen your breath. Try counting 8 breathes in and out.