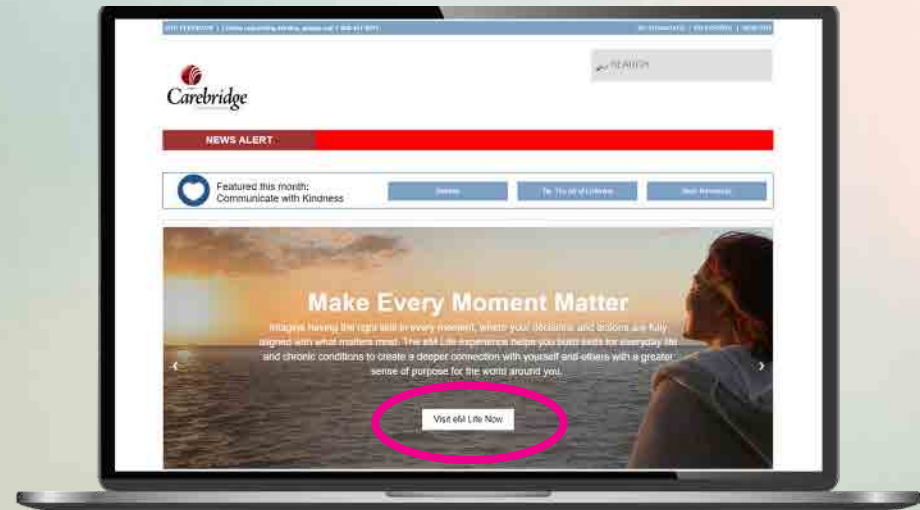


# Practice Mindfulness. Reduce Stress.

**1** Register on the Carebridge member website at [myliferesource.com](http://myliferesource.com) using your Access code.

**2** Then click on “Visit eM Life Now” to begin your mindfulness practice.



**COMPANY ACCESS CODE: 9HTYP**

