

MINDWELL

# Live Classes Every Week

20-minute classes  
Monday to Friday



Cooking



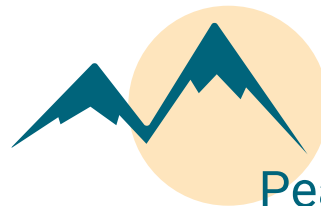
Movement



Finances



Meditation



Peak  
Performance



Much more

New Programs &  
Themes Every Month

[app.mindwellu.com/dropin](https://app.mindwellu.com/dropin)