

UNWIND.

**Call the MIT Relaxation Line:
617/253-CALM (2256)**

A 2-minute relaxation practice
can help you unwind, take a
mental break, or get to sleep.

Find Your Center.

E23-205



Find Your Center is offered by the Center for Health Promotion & Wellness at MIT Medical. The Center provides expertise, health resources, and programs specifically designed for the MIT community. We also collaborate with our partners to create an environment supportive of health and wellness across the whole Institute. More info: medweb.mit.edu/wellness

