

Did you know that mindfulness actually **changes your brain?**

IT'S TRUE!

One study showed that after just eight weeks of mindfulness practice, participants showed increased gray-matter in the hippocampus (important for learning, memory, self-awareness, compassion & introspection) and decreased gray-matter in the amygdala (partly responsible for anxiety & stress).



Don't take our word for it...science says so!

Intrigued? Well, we've got just the thing...

GSC'S

MINDFULNESS PROGRAM.



You can think of GSC's Mindfulness Program as a fitness program for your mind. It is focused on helping you to take care of your mental wellness as part of your overall health. Check out the mindfulness program today on Change4Life.

And, as with anything on Change4Life, you'll earn points for your mindfulness activity. Points that you can use to bid on great rewards!

(Never visited Change4Life? It's easy. Just log in to your Online Services, and look for Change4Life on the menu. Oh, and here's a tip: you can also access Change4Life on the GSC on the Go mobile app, and take your mindfulness with you.)

