

Tap into *your* power

Download

INNER STRENGTH VIBE



Scan the code above, or search *Inner Strength Vibe* wherever you get your apps!

A FREE app designed to support teens' mental and emotional wellness.

FIND YOUR FIT *with...*

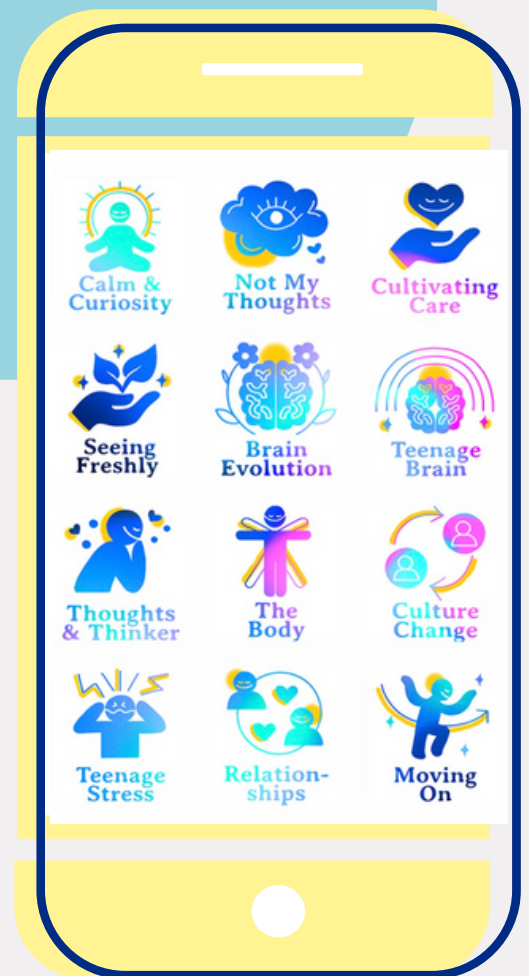
50+ different mindfulness practices

Guided mindful movements

Affirmations & self-reflection prompts

Tools for stress relief

and more



How to Download:



1. Go to the Play Store or App store on your smartphone device
2. Search for Inner Strength Vibe and download
3. Fill out the registration questions:
 - What city are you located in?
 - What time of the day are you most likely to practice mindfulness?

