



**Grokker**

# Mindful March

**03.08.21 –**

**03.31.21**

**sig+Wellness**

**Wind down, recharge,  
& generate some good  
vibes with Grokker**

This spring take 10 minutes daily to focus on your wellbeing. Whether you're practicing yoga, taking time to meditate, or going for a peaceful walk, Grokker is here to help you feel your absolute best, mind and body!

**CREATE FREE ACCOUNT:  
[grokker.com/SIGWellness](https://grokker.com/SIGWellness)**

**REGISTER FOR CHALLENGE:  
[grokker.com](https://grokker.com)**