

Nourish Your Mental Wellbeing with Wellhub

Wellbeing

Clear your mind



Wellhub hosts an abundance of virtual and in-person resources designed to support you in cultivating a tranquil and balanced mental state.

Mind + Body Connection



Synctuition
3D Sound Experiences



Y7
Heated Yoga with Beats



YogaSix
Accessible Yoga for All Levels

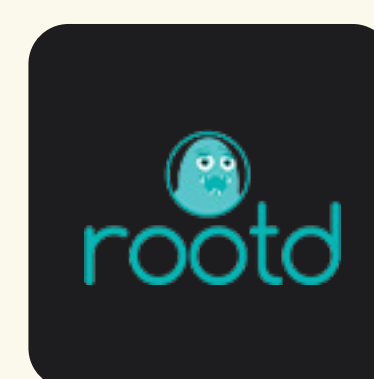
Mood + Healthy Habits



Zen
Stress Relief



RISE Science
Energy Tracker



Rootd
Anxiety Management

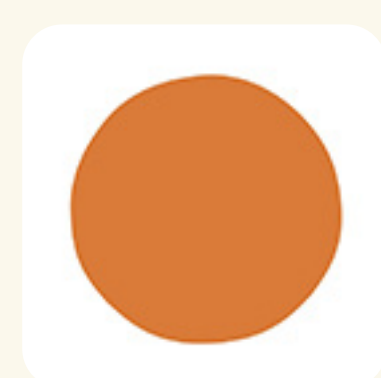
Sleep Quality



Sleep Cycle
Sleep Analysis

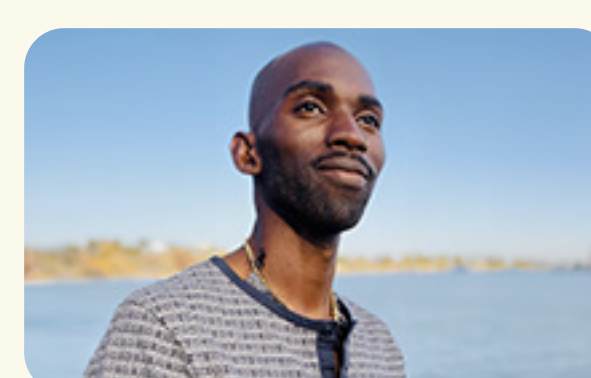


Calm
Guide to Relaxation



Headspace
Meditation Made Simple

Direct Guidance



Nero
Mindful Breathing +
Strength Conditioning



Natalie Young
Guided Stretches +
Body Flow



Lucianna Silvestri
Meditation +
Yoga



Scan the QR code or download the Wellhub app to try out any of these mental wellbeing resources