



Join our Calm Mindful Minutes Challenge!

Follow the instructions below to be entered to win a prize.

LCIC wants to recognize those who are prioritizing their mental health. That's why we're hosting a Mindful Minutes Challenge using Calm, the leading app for sleep, meditation, and relaxation.

All you need to do is sign up for your free Calm premium account and collect **100 Mindful Minutes** by listening to meditations, sleep stories, and masterclasses in the app.



To register for the challenge, visit: [OPT-IN FORM](#)

The challenge will run from Feb 1 to Feb 29



Haven't activated your free Calm premium account? Follow these steps:

1. Visit <https://www.calm.com/b2b/lcic/subscribe>
2. Create an account or sign in to your existing Calm account
3. Enter your work email in the box provided to activate the subscription on your Calm account
4. Download the Calm app and log in to your account to access the premium content

*By entering the drawing, you acknowledge that Calm may inform your employer that you've redeemed your free Calm membership and provide other information necessary to administer the promotion. (For more information about Calm's privacy practices, see [calm.com/en/privacy-policy](https://www.calm.com/en/privacy-policy)).