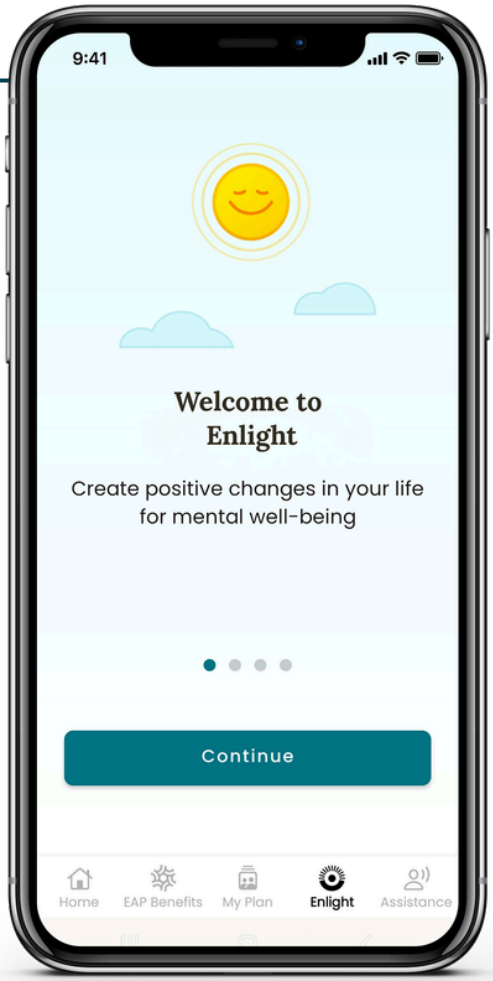
● ENLIGHT

Your Self-Paced Mental Health Companion

Enlight helps you discover ways to enhance your wellbeing and support your journey toward a healthier and happier you.

WHAT'S INSIDE

- Complete a short assessment in **5-8 minutes**
- **Goal** setting and **tracking** tools
- **Breathing, mindfulness,** and **relaxation** tools
- **Digital therapy, support** for sleep and stress



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