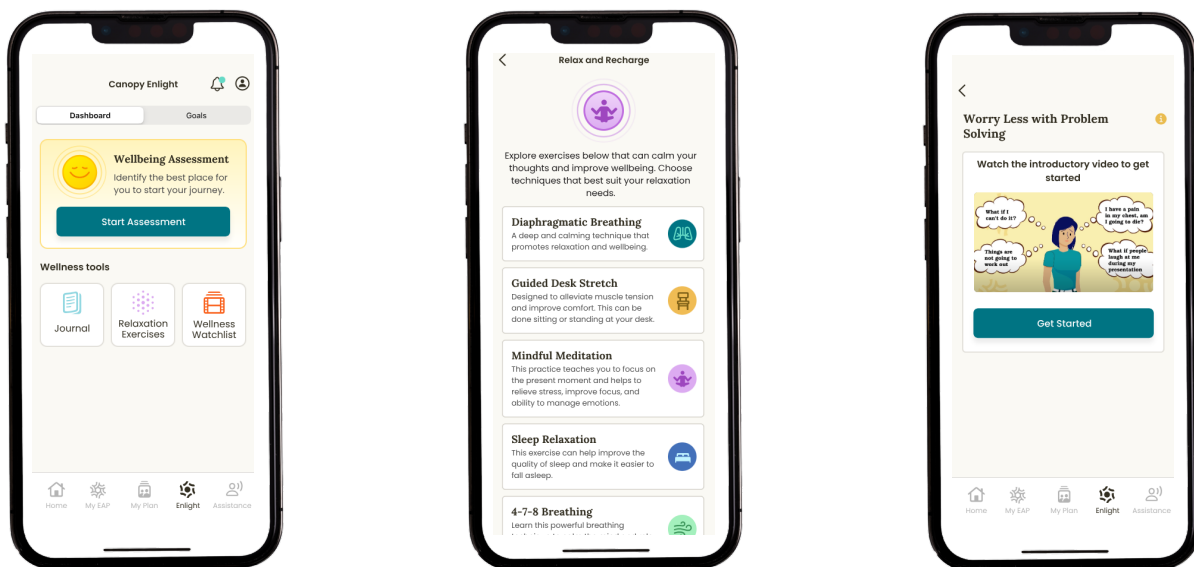


# Your Self-Paced Mental Health Companion

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



Complete a short  
assessment in 5-8  
minutes



Goal setting and  
tracking tools



Breathing,  
mindfulness,  
and relaxation tools



Digital therapy and  
support for sleep,  
stress and more



**Get started today**  
800-433-2320  
info@canopywell.com