

We invite you to participate in the 31-Day KSOM Well-being Challenge:

OCT 1ST

Meditation

OCT 31ST



Meditation is an ancient practice that can calm the mind and body, diminish stress, improve mental health, enhance academic performance, and stimulate our brains.

Whether you are an experienced meditator or a complete beginner, join us for this Challenge!

1 - 10 Days



\$5 Amazon Gift Card

11 - 20 Days



Mindfulness cards
or Breathing
Lotus

21 - 30 Days



USC Fleece Blanket,
USC Beanie or USC
Decorative Pillow

All 31 Days: Your choice of prize PLUS
a \$5 Amazon gift card!

Participate in your choice of meditation practices by using any apps that track your activity, we recommend Ten Percent Happier.

Apple link for app click [here](#)
Google link for app click [here](#)

For more info or to sign up,
click [HERE](#)

