



# Benefits Of Our App



- Ran by people who live in eastie so we can all understand each other in the community
  - Rated 5 stars
- We use research and data to have the most accurate advice & tips for improving your mental wellbeing
- Our app can connect to other apps to help you track your fitness data
- Journal daily to track your progress
- Utilizes artificial intelligence to tailor the experience to what matters most for you
- Invite your friends & family to join you on your journey!