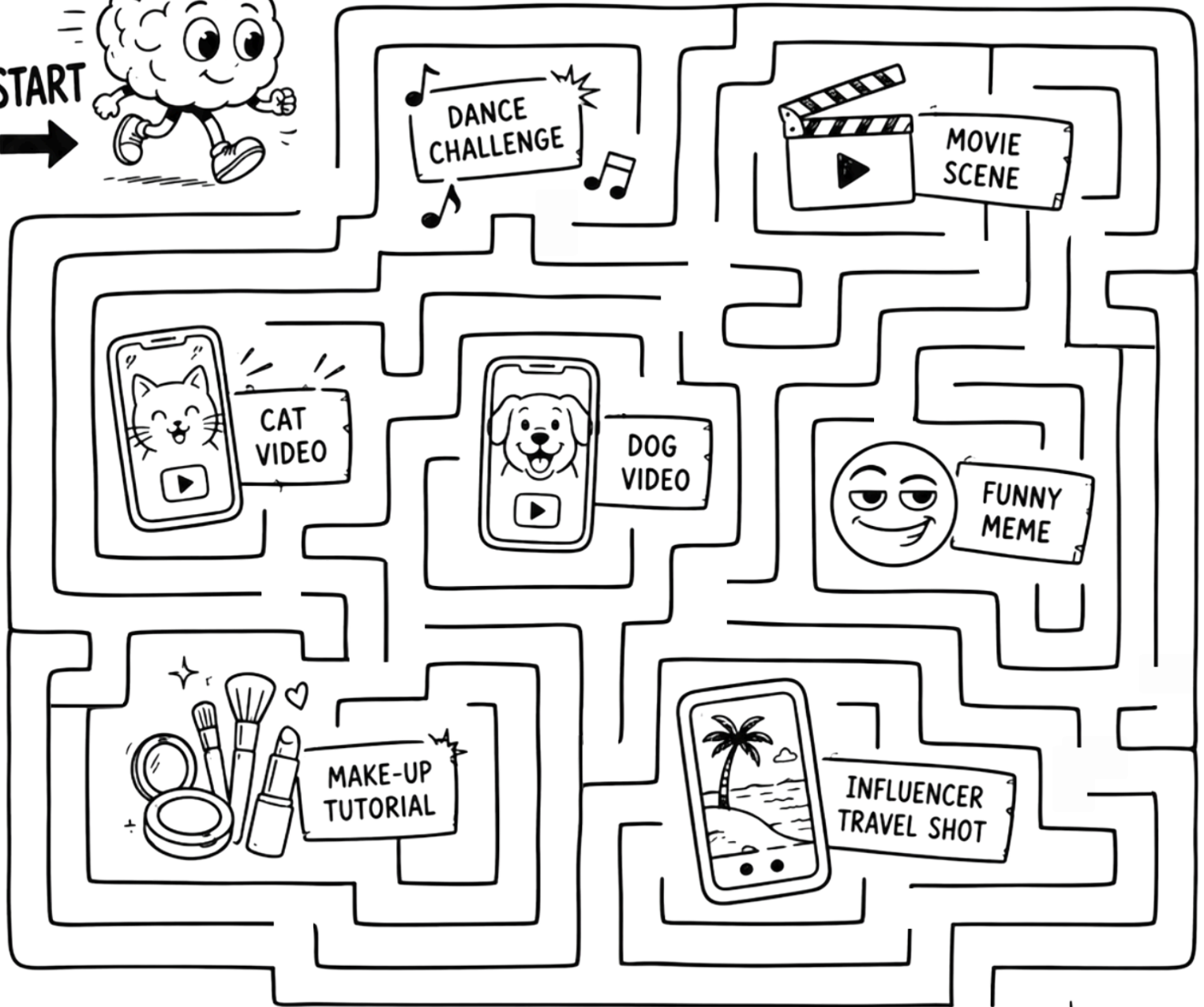
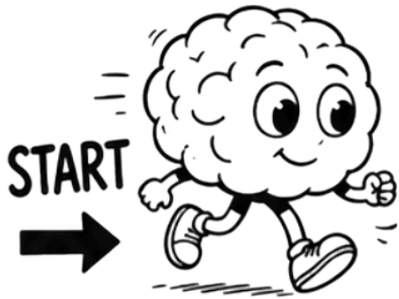


THE INFINITE SCROLL

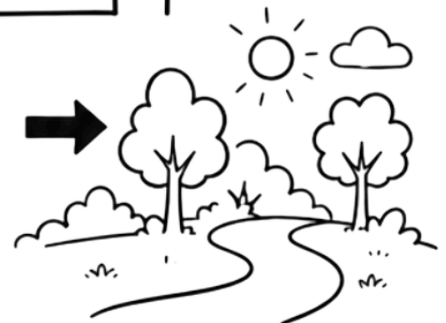
The Infinite Scroll keeps us on our screens longer than we should be.
Help the brain break free and reach real life!



TIPS TO ESCAPE:

- Know your goals.
- Set time limits.
- Turn off notifications.
- Be intentional.
- Choose real life.

**REAL
LIFE!**



You made it!