

# The C.A.R.E. Team Presents...

# *Mindfulness & Mystery*

Listen to our first mystery guest as they guide you through a mindfulness exercise. If you think you know which Cooper team member it is, enter for a chance to win a prize!

To participate, scan the QR code or visit:  
[wellness.cooperhealth.org/mindfulness-and-mystery/](https://wellness.cooperhealth.org/mindfulness-and-mystery/)



*The winner will be announced at the end of November and a new mystery guest will be posted in December.*