



Take a moment to notice
the sounds around you.

First, notice any sounds in the
distance; then notice those that are
right next to you.

Community Wellness
at MIT Medical

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Meditation posters are offered by Community Wellness at MIT Medical. We provide expertise, health resources, and programs specifically designed for the MIT community. We also collaborate with our partners to create an environment supportive of health and wellness across the whole Institute. More info: mit.edu/wellness