

handle life's toughest moments

Joyages™

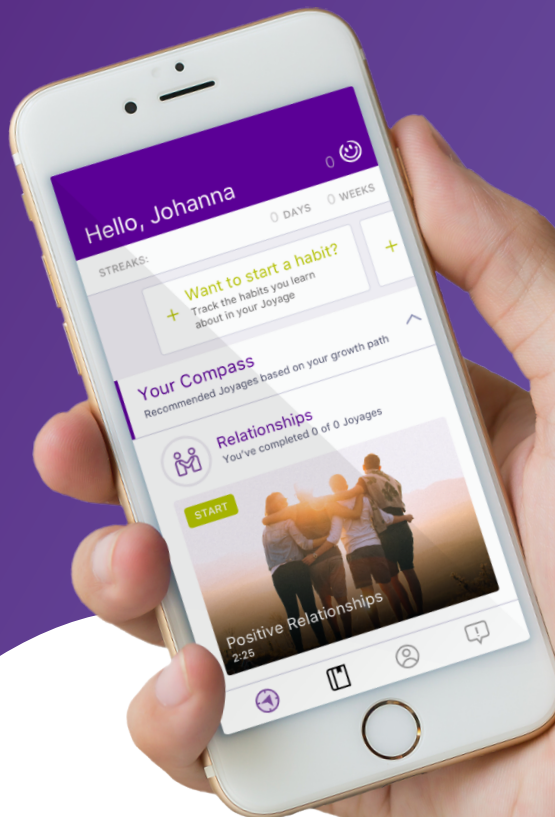
A Happier, Healthier You?

There's an app for that.

JOYAGES is an on-demand coaching app that teaches skills for dealing with life's daily stressors. Developed by psychologists and brain health researchers, Joyages' robust offering of videos and tools helps you deal with being sad or stressed, rather than avoiding the normal challenges of life. Spend just three minutes a day with Joyages to become happier, more resilient and lead a more fulfilling life.

Questions?

Email info@joyages.com



FEATURES



**24/7 Access
to Resources**



**3-Minute
Videos**



**Personalized
Support**

Whether you're coping with stress, trying to improve your relationships, or seeking a deeper sense of purpose, Joyages has scientifically-backed information and advice to help you feel better now and become more resilient for the future.

ALL-NEW app with even more modules than before!

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App Store



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Joyages is the digital life coach in your pocket!

