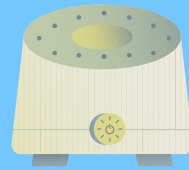




# HEALTH & WELLNESS SOUND MACHINE



## DESCRIPTION

Non looping natural soothing sounds .Great to sooth antsy babies, kids, and adults.

## RESOURCE GUIDE

Resource	Description	Login link/QR code
SCCLD E-Resources	Check out our various Health and Wellness e-resources	
SCCLD E-Resource Kanopy	Checkout <i>Practicing Mindfulness</i> through Kanopy part of the Great Courses catalog	
SCCLD E-Resource Headspace	Meditation made simple - an app designed for busy, modern lives to learn the essentials of meditation and mindfulness in just a few minutes a day. The app offers hundreds of guided meditations on a variety of topics - from stress and sleep, to focus and performance.	