



A Prescription for Peace

FOR: _____

DATE: _____

- We support meditation as a method to enhance our patient's overall well-being and quality of life
- We attached our business card for our patient to receive 20% off unlimited monthly membership

X _____

Signature of Health Care Professional or Staff

MEDITATION'S SIDE EFFECTS INCLUDE:

- stress relief
- better sleep
- increased productivity
- mental clarity
- more patience
- greater sense of well-being

MDITATE

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www.MDitate.com