



Calls for Compassion: For Adults, Teens & Kids

For the next few weeks, Level Up’s partners at Aetna will provide virtual listen-in sessions (15-20 minutes in length), which will include positive readings, guided meditation and grounding practices.

Feel free to join as few or as many sessions as you would like. Be sure to add them to your calendar.

For Adults	For Teens	For Kids
<ul style="list-style-type: none"> • Mon., March 16 12:30 p.m. EST • Wed., March 18 12:00 p.m. EST • Thu., March 19 3:00 p.m. EST • Tue., March 24 9:00 a.m. EST • Thu., March 26 2:00 p.m. EST • Mon., March 30 9:00 a.m. EST • Wed., April 1 10:00 a.m. EST • Fri., April 3 12:00 p.m. EST 	<ul style="list-style-type: none"> • Mon., March 16 1:30 p.m. EST • Wed., March 18 12:30 p.m. EST • Thu., March 19 3:30 p.m. EST • Tue., March 24 2:30 p.m. EST • Thu., March 26 3:00 p.m. EST • Mon., March 30 2:30 p.m. EST • Wed., April 1 1:30 p.m. EST • Fri., April 3 11:30 a.m. EST 	<ul style="list-style-type: none"> • Mon., March 16 1:00 p.m. EST • Wed., March 18 11:30 a.m. EST • Thu., March 19 2:30 p.m. EST • Tue., March 24 2:00 p.m. EST • Thu., March 26 2:30 p.m. EST • Mon., March 30 2:00 p.m. EST • Wed., April 1 1:00 p.m. EST • Fri., April 3 11:00 a.m. EST
<p>Call-in line for all sessions: 844-712-3250 Access code: 716 720 596</p>	<p>Call-in line for all sessions: 844-712-3250 Access code: 716 720 596</p>	<p>Call-in line for all sessions: 844-712-3250 Access code: 716 720 596</p>