



CABANA

BY EVEN HEALTH

together with

**LIFEBRIDGE
HEALTH®**

Professionally-moderated live groups and wellbeing tools for healthcare workers



Peer group support.
Every day



Open. Honest.
Camera off.



Science-backed
programming

Sign up by scanning
the QR code

- Join a live session
- Explore meditations and other resources



"Cabana is a space where you feel safe to feel vulnerable; to share ideas and perspectives with others while focusing on your wellbeing."

Anonymous Participant

Learn more at
lifebridge.mycabana.health