**Give the Gift of Calm to Your Loved Ones!**

Good news! As a CTA member, you now can share the Calm app with your dependents — at no extra cost.
Calm is the #1 app for mental wellness, designed to help you and your loved ones sleep better, reduce stress, and build healthier habits. It features:

*Guided meditations* for stress, anxiety, and focus
*Sleep stories* (including some read by celebrities!) to help you fall asleep faster
*Soothing music* and *soundscapes* for relaxation
*Breathing exercises* and *mindfulness tools* to stay grounded throughout the day

**How to Gift Calm to Your Dependents:**
Eligible members can invite 5 dependents to join Calm. Visit CTAMemberBenefits.org/Calm for instructions

It’s an easy, meaningful way to support the mental health of those you care about.