

How *VibraLITE*[®] can help with:

MEDITATION

Many people use Meditation to relieve stress, reduce illness and increase self-actualization. When using Meditation it is important to commit yourself to a regular routine and a specific length of time and stick to it. "VibraLITE" watch will give you the reminders that you need. The benefit of vibration alarms allows you to be reminded without alerting or disturbing anyone else.

You can set the Countdown Timer for the recommended duration of time for the type of meditation and the Vibrations on the wrist will alert you that time is completed. The countdown time will stay in the memory and can be repeated each time you do your meditation. Simply set the Countdown (for the 5,10,15 or 20 minute duration) and you won't need to keep on watching the clock.

If you are planning a Meditation session once or twice a day, simply set the alarms for the times you need to be reminded to follow through with your commitment. These alarms will alert you each day at your preset times. You can preset other alarms for reminders for any daily activities or tasks. (medication, medical conditions, appointments) Alarms can be turned ON or OFF easily.

DISCLAIMER

GLOBAL ASSISTIVE DEVICES, INC. DOES NOT ACCEPT ANY RESPONSIBILITY WHATSOEVER FOR ANY INCONVENIENCE OR NONCOMPLIANCE FOR MEDICATION OR ANY OTHER PURPOSE THE "VIBRALITE" WATCH IS USED FOR.

CONSULTATION WITH YOUR MEDICAL PROVIDER SHOULD ALWAYS BE DONE WHEN ATTEMPTING TO CONTROL OR TREAT ANY MEDICAL CONDITION.