Stress - Text - Welcome

Welcome to Motivational Texts. We send 12 weekly texts to help increase your motivation to change. {{DIVIDE}} Though texts are securely transmitted we encourage you to use a locking mechanism on your phone and to delete these messages to ensure privacy. {{DIVIDE}} Reply STOP 1 to unsubscribe to this program. Reply STOP ALL to unsubscribe to all programs. Message and data rates may apply.