

Month fffline

your nervous system didn't evolve to plug
directly into the Internet. . .



DITCH THE DOOMSCROLL

Try a dumbphone for 30 days & join a cohort
of neighbors for weekly meetups, creative
challenges, and digital accountability. . .

WWW.OFFLINE.COMMUNITY

Month ffline

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LOG OFF AND LINK UP

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nonstop notifications, phantom vibrations,
always available but never fully present. . .



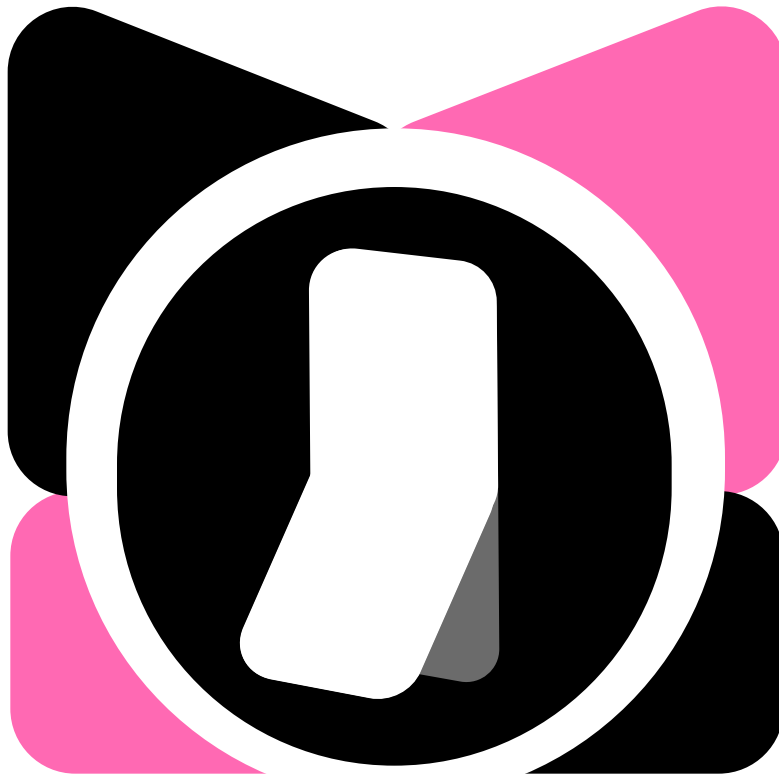
TOUCH GRASS, NOT GLASS

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social media apps deleted, screen time
limits set, yet still scrolling. . .



FLIP OFF YOUR SMARTPHONE

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challenges, and digital accountability. . .

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