

# Welcome to Moodmetric walk at Nuuksio the 16th of Dec 2017!



*You will have a chance to measure the calming effect of nature. The participants wear the Moodmetric ring during the walk, and stress levels can be followed live on the smartphone screen.*

## PREPARATIONS

- ✓ Charge your phone
- ✓ Download the Moodmetric app at App Store or GooglePlay
- ✓ Wear mittens, so that the ring is comfortable to wear if it is cold
- ✓ Dress warmly and wear good walking shoes



[www.moodmetric.com](http://www.moodmetric.com)