



# Live Mindfulness Sessions

## TO PARTICIPATE:

Sessions are being offered at multiple times in several languages. To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

*Please note, times are listed in PST.*

**April 7 - 10**

**A free benefit from your Employee Assistance Program to help you and your family stay well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



## **Tuesday 4/7**

9:00 AM

9:30 AM

## **Wednesday 4/8**

1:30 PM

2:00 PM

## **Thursday 4/9**

2:00 PM

2:30 PM

## **Friday 4/10**

9:00 AM

9:30 AM