

EMPLOYEE ASSISTANCE PROGRAM

This month's live webinar:

# MINDFULNESS: THE LIFE-MIND-BODY CONNECTION



**Wednesday,  
July 13<sup>th</sup>  
11:00 a.m.**

**Mindfulness: The Life-Mind-Body Connection**

- Define mindfulness and other mind-body methods to reduce stress.
- Explain the myths and realities of meditation.
- Practice deep breathing and meditation techniques.