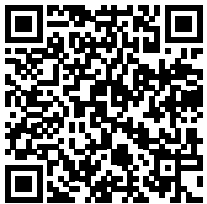


EMPLOYEE ASSISTANCE PROGRAM

**This month's live webinar:**

# MINDFULNESS: FINDING YOUR PURPOSE AND VISION IN A CHANGING WORLD



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

**Mindfulness: Finding Your Purpose and Vision  
in a Changing World**

- Define mindfulness
- Identify your unique gifts, talents, and interests
- Discuss techniques to maintain your life purpose