



Free Webinar



Make Every Moment Matter

Introduction to Mindfulness

Learn how eM Life helps you apply mindfulness to your everyday life

Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.

Upcoming Webinars

(all webinars start @ 12:00pm EST)



Tuesday, November 10th
Living in a VUCA World



Wednesday, December 9th
Stop Financially Stressing



Thursday, January 14th
Intro to Mindfulness



Tuesday, February 9th
Intro to Mindfulness



Wednesday, March 10th
Intro to Mindfulness

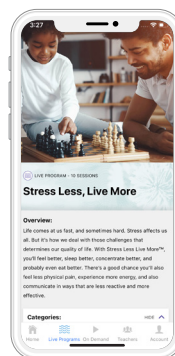


Thursday, April 15th
Intro to Mindfulness

What you will learn:

What is mindfulness?
The effects of stress
Mindfulness benefits

Stress reduction practices
Navigate eM Life
Use of mobile app



Click here to register for the next webinar!

Then log in, or sign up for an account*.

*During account sign-up, **select Employee Account** and **enter your company name** for "Organization ID" when prompted.

If you have any questions or need assistance please contact support@emindful.com