



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)

 Wednesday, December 9th  
**Stop Financially Stressing**

 Thursday, January 14th  
**Intro to Mindfulness**

 Tuesday, February 9th  
**Intro to Mindfulness**

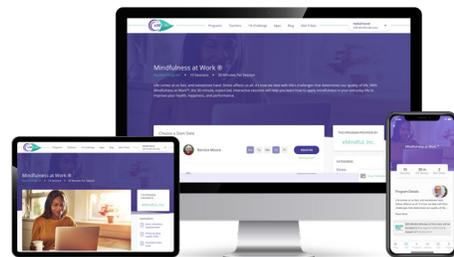
 Wednesday, March 10th  
**Intro to Mindfulness**

 Thursday, April 15th  
**Intro to Mindfulness**

 Tuesday, May 4th  
**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](mailto:support@emindful.com)