



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)


 Thursday, January 14th
Intro to Mindfulness

 Tuesday, February 9th
Intro to Mindfulness

 Wednesday, March 10th
Intro to Mindfulness

 Thursday, April 15th
Intro to Mindfulness

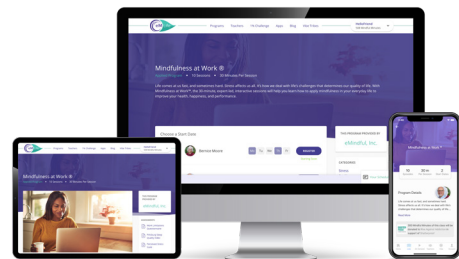
 Tuesday, May 4th
Intro to Mindfulness

 Wednesday, June 9th
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