



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, February 9<sup>th</sup>  
**Intro to Mindfulness**

 Wednesday, March 10<sup>th</sup>  
**Intro to Mindfulness**

 Thursday, April 15<sup>th</sup>  
**Intro to Mindfulness**

 Tuesday, May 4<sup>th</sup>  
**Intro to Mindfulness**

 Wednesday, June 9<sup>th</sup>  
**Intro to Mindfulness**

 Thursday, July 15<sup>th</sup>  
**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)