



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 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



Thursday, July 15th

Intro to Mindfulness

What you will learn:

What is mindfulness?

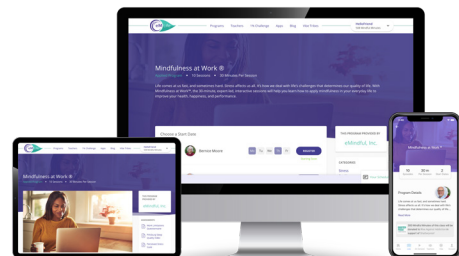
The effects of stress

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