

How To Stress Less And Live More With Mindfulness

Stress is something many of us share. There are a myriad of ways to manage it, but it's different from person to person. In this session, you will be introduced to the increased awareness and benefits of mindfulness. You will build your understanding of the importance the mind plays in the body, and get acquainted with the live classroom format.

In How To Stress Less And Live More, you will begin to:

- Have a basic understanding of mindfulness
- Understand how to keep the practice alive
- Integrate mindfulness into every day life



REGISTRATION INFORMATION

Join us for our free Stress Less, Live More™ online session. Registration is easy!

January Session: **How To Stress Less And Live More With Mindfulness**

Date and Time:

January 12th 11:00 am Arizona time

January 28th 12:00 pm Arizona time

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or techsupport@emindful.com with any questions.

COMING IN FEBRUARY

Stress Less, Live More™

Feeling "Stressed Out"? Learn How To Stop The Stress Cycle

Save the February Session Dates:

February 9th 12:00 pm Arizona time

February 24th 2:00 pm Arizona time

Weight Balance for Life

Listening To The Signals From Our Body: Tuning Into Hunger & Fullness

Save the February Session Dates:

February 18th 1:00 pm Arizona time

February 23rd 12:00 pm Arizona time

