

Less Stressful Living With A Mindfulness Attitude

Life is a different experience for everyone, and our reactions to it have a large impact on how things play out. What if you could manage your reactions to stress in your life with mindfulness? In this session, we will learn different mindfulness practices, and how to incorporate them when you need them most.

In Less Stressful Living, you will begin to:

- Have a basic understanding of mindfulness
- Understand different mindfulness practices
- Gain an understanding of how to integrate mindfulness into daily life



REGISTRATION INFORMATION

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

March Session: **Less Stressful Living With A Mindfulness Attitude**

Dates and Times– Choose One:

March 10th at 12:00 pm Arizona time

March 22nd at 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 APRIL

Stress Less, Live More™

Your Body as a Stress Storehouse:
How to Change It with Mindfulness

Save the April Session Dates:

April 14th 11:00 am Arizona time

April 27th 12:00 pm Arizona time

Weight Balance for Life

Decreasing Dependence on Food for
Pleasure

Save the April Session Dates:

April 14th 12:00 pm Arizona time

April 27th 11:00 am Arizona time

