

# More Happiness With Mindfulness in Daily Living

It's important to remember that maintaining balance in life is best supported by a regular mindfulness practice. An easy way to keep this in mind is by cultivating positive intentions about maintaining a mindfulness practice. In this session, we will recognize this is more the end of the beginning, rather than the beginning of the end.

In More Happiness With Mindfulness in Daily Living, 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!

December Session: **More Happiness With Mindfulness In Everyday Living**

Date and Time:

**December 12th 1:00 pm Arizona time**

**December 20th 11:00 am 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 [support@emindful.com](mailto:support@emindful.com) with any questions.

## COMING IN JANUARY

### **Stress Less, Live More™**

How to Stress Less and Live More With Mindfulness

**Save the January Session Dates:**

**January 16th 11:00 am Arizona time**

**January 25th 1:00 pm Arizona time**

### **Weight Balance for Life**

Mindful Strategies for Working with Foods that Are a Problem for Us

**Save the January Session Dates:**

**January 18th 12:00 pm Arizona time**

**January 30th 11:00 am Arizona time**

