

# 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 16th 11:00 am Arizona time**

**January 25th 1:00 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 [support@emindful.com](mailto:support@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 20th 1:00 pm Arizona time**

**February 28th 12:00 pm Arizona time**

## Weight Balance for Life

Tuning Into Hunger & Fullness

**Save the February Session Dates:**

**February 21st 1:00 pm Arizona time**

**February 27th 11:00 am Arizona time**

