

AT NO COST TO EMPLOYEES

GET MINDFUL

Mindful Mondays Health Education Webinar Series

Please join us for a series of classes designed to help you combat stress and gain resiliency while navigating these unprecedented times of COVID-19.

- **Coping with COVID-19 and Beyond**

Become informed and get resources for dealing with COVID-19 by learning tips to help you cope with uncertainty, address the stress response to life changes, gain control where you can, and build resilience.

- **Intro to Mindful Meditation**

Explore the union of mind and body as you learn meditation techniques in order to reduce stress and gain equilibrium.

- **Transformational Thinking**

Increase whole-body awareness and manage stress as you learn meditation and breathing techniques to expand your awareness and refine your mind.

Coping with COVID-19 and Beyond

Monday, July 13
10 - 11 a.m.

Click **HERE** to register.

Intro to Mindful Meditation

Monday, July 20
10 - 11 a.m.

Click **HERE** to register.

Transformational Thinking

Monday, July 27
10 - 11 a.m.

Click **HERE** to register.