

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**

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 Mindfulness**

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

Monday, April 13th  
Noon - 1 p.m.

Click **HERE** to register.

### Intro to Mindfulness

Monday, April 20th  
Noon - 12:30 p.m.

Click **HERE** to register.

### Transformational Thinking

Monday, April 27th  
Noon - 12:30 p.m.

Click **HERE** to register.

