

# Mindfulness at Work<sup>®</sup>

## Understanding Mindfulness

How would you like to reduce your stress, enhance your focus, and improve your overall health and wellbeing?

Through eMindful's convenient online session, you can start the new year healthier and happier! Join thousands of participants who have dramatically benefited from guided mindfulness practices.

In Understanding Mindfulness, you will begin to:

- Practice mindfulness and learn how to prevent the "stress cycle"
- Experience a mindful "check-in"
- Establish a greater awareness of your mind and body
- Learn how and where to integrate mindfulness into your day



### REGISTRATION INFORMATION

Join us for our free Mindfulness at Work online session. Registration is easy!

January Session: **Understanding Mindfulness**

Dates and Times – Choose One:

**January 14th at 12:00 pm Arizona time**

**January 26th 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](mailto:techsupport@emindful.com) with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

### COMING IN FEBRUARY

#### Stress Less Live More

Feeling "Stressed Out"? Learn How to Stop the Stress Cycle

**Save the February Session Dates:**

**February 5th 11:00 am Arizona time**

**February 18th 1:00 pm Arizona time**

#### Weight Balance for Life

Tuning in to Hunger and Fullness: Learn to Listen to the Signals From our Body

**Save the February Session Dates:**

**February 11th 1:00 pm Arizona time**

**February 19th 1:00 pm Arizona time**

