



Aware Live Mindfulness Sessions

April 21 - 24, 2020

**A free benefit from your
Employee Support Program to
help you and your family stay
well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.

TO PARTICIPATE:

Sessions are being offered at multiple times in several languages. To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

EDT | PST

Tuesday 21 April

12:00 pm | 9:00 am English

12:30 pm | 9:30 am English

5:00 pm | 2:00 pm Spanish LATAM

5:30 pm | 2:30 pm Spanish LATAM

Wednesday 22 April

9:00 am | 6:00 am English

9:30 am | 6:30 am English

4:30 pm | 1:30 pm English

5:00 pm | 2:00 pm English

Thursday 23 April

3:30 am | 12:30 am English

4:00 am | 1:00 am English

5:00 am | 2:00 am Spanish

5:30 am | 2:30 am Spanish

5:00 pm | 2:00 pm English

5:30 pm | 2:30 pm English

Friday 24 April

12:00 pm | 9:00 am English

12:30 pm | 9:30 pm English