

# CARE PACKAGE CONTENTS

## WEEKLY CALENDAR

View a week's worth of upcoming  
Mindful Daily practices

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## MONTHLY CLASSES

Flyers to be used to promote Applied Programs  
that are available to you on eM Life.

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## THEME WEEK BLOG

A blog post that is written to introduce  
and share practices related to this month's  
theme week.

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## MINDFUL MEETING MOMENT

Short form mindfulness practices to prepare your  
team to be calm, focused, and more efficient for  
your next meeting.

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## PRACTICE GUIDE

The Mindful Daily Practice Guide Volume 3 con-  
tains efficient mindfulness practices that can be  
used outside of the classroom.

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