

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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