



Free Webinar



Make Every Moment Matter

# Introduction to Mindfulness

Learn how eM Life helps you apply mindfulness to your everyday life

Sign up for this 30-minute webinar to experience how to make every moment matter with greater focus, creativity and purposeful decisions.

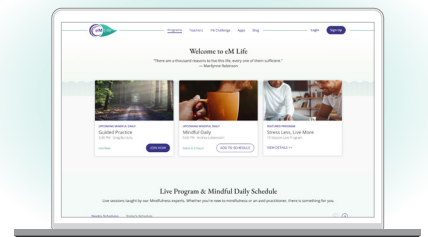
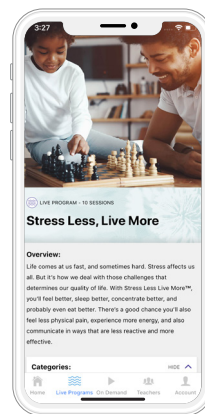
## What you will learn:

What is mindfulness?	Stress reduction practices
The effects of stress	Navigate eM Life
Mindfulness benefits	Use of mobile app

## Upcoming Webinars

(all webinars start @ 12:00pm EST)

Wednesday, December 11th	Wednesday, March 11th
Thursday, January 16th	Thursday, April 9th
Tuesday, February 11th	Tuesday, May 12th



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