



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.

Upcoming Webinars

(all webinars start @ 12:00pm EST)



Wednesday, March 11th

Where's the Off Switch?



Thursday, April 9th

Intro to Mindfulness



Tuesday, May 12th

Why do I feel this way?



Wednesday, June 10th

Communication Foul



Thursday, July 9th

Intro to Mindfulness



Tuesday, August 11th

Controlling Comfort Foods

What you will learn:

What is mindfulness?

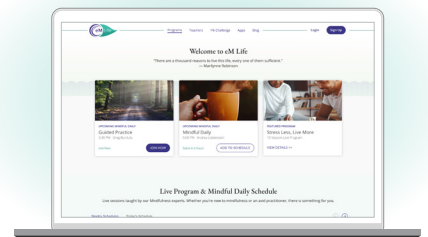
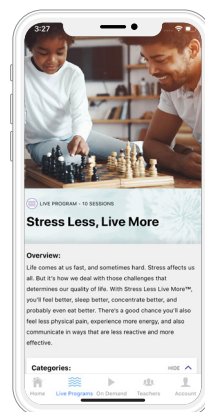
The effects of stress

Mindfulness benefits

Stress reduction practices

Navigate eM Life

Use of mobile app



Visit

emindful.com/webinar

log in, and choose your preferred date and time.

If you have any questions or need assistance please contact support@emindful.com