



Aware Live Mindfulness Sessions

April 7th – April 10th

**A free benefit from your
Employee Assistance 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.

HelpNet

Available any time, any day, your Employee Assistance Program is a free, confidential benefit to help you balance your work, family, and personal life. HelpNet EAP Counselors can help you address issues affecting your mental and emotional well-being. Call 1-800-969-6162 to schedule your confidential counseling session.

TO PARTICIPATE:

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

Please note, times are listed in EDT.

Tuesday 4/7

[12:00 pm English](#)

[12:30 pm English](#)

Wednesday 4/8

[9:00 am English](#)

[9:30 am English](#)

[4:30 pm English](#)

[5:00 pm English](#)

Thursday 4/9

[3:30 am English](#)

[4:00 am English](#)

[5:00 pm English](#)

[5:30 pm English](#)

Friday 4/10

[12:00 pm English](#)

[12:30 pm English](#)