

MINDFUL MOMENTS in MAY

With the Employee Assistance Program (EAP)

Via [WEBEX](#)

2-Minute Mindfulness Practices

To help you:

Manage **STRESS**.

PAUSE in a busy day.

Increase **WELL-BEING**

WEDNESDAYS in MAY at 8a, 10a, 12p, 2p, and 4p

May 4 – **STRESS MANAGEMENT PRACTICES**

May 11 – **GROUNDING PRACTICES**

May 18 – **COMPASSION PRACTICES**

May 25 – **VISUALIZATIONS**

No registration necessary, join any session [HERE](#)

or on ManageWell