

TOLL-FREE:

**800-633-3353**

WEBSITE:

[**www.mygroup.com**](http://www.mygroup.com) **> My Portal Login > Work-Life**

USERNAME:

**Organization specific**

PASSWORD:**guest**

Your Employee Assistance Program can help you with focus, awareness, and mindfulness, 24/7.

This session explores the basic principles of mindfulness and discusses the positive impact it has in different aspects of one’s life.

Mindfulness is being aware in the current moment, knowing what you   
are doing, and where your focus is. Mindfulness is a powerful tool for the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

**ONLINE SEMINAR**



**Mindfulness Matters**

June

**WHATEVER YOU NEED,**

**WE ARE HERE TO HELP.**

***Just call or log on to get started.***

**Visit your home page starting June 18th:**