

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 school, home and the workplace. By practicing mindfulness, you can decrease distractions, increase productivity, and set yourself up with a better mood.

TOLL-FREE:

**800-633-3353**

WEBSITE:

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

USERNAME:

**College specific**

PASSWORD:**guest**

Your Student 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.

**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:**