



# MINDFULNESS MATTERS

Learn how to better manage stress and anxiety during this four-week virtual series. Throughout the program, learn deep breathing techniques and other proven methods to reduce anxiety and promote resiliency. Earn 100 points toward wellness credit if you attend all four webinars.



Visit the [Employee Wellness Bridge](#) page to learn more. Scan this QR code with your phone to register.

**Tuesday, Feb. 9  
at 12 p.m.**

Mindfulness, Resiliency and  
Stress Management

**Tuesday, Feb. 16  
at 12 p.m.**

The Science behind Gratitude

**Tuesday, Feb. 23  
at 12 p.m.**

Meditation, Stress Management  
and Mindful Eating Techniques

**Tuesday, March 2  
at 12 p.m.**

Developing Resiliency  
S.M.A.R.T Goals