

# Less Stressful Living With A Mindfulness Attitude

Life is a different experience for everyone, and our reactions to it have a large impact on how things play out. What if you could manage your reactions to stress in your life with mindfulness? In this session, we will learn different mindfulness practices, and how to incorporate them when you need them most.

In Less Stressful Living, you will begin to:

- Have a basic understanding of mindfulness
- Understand different mindfulness practices
- Gain an understanding of how to integrate mindfulness into daily life



## REGISTRATION INFORMATION

Join us for our free **Stress Less, Live More™** online session. Registration is easy!

March Session: **Less Stressful Living With A Mindfulness Attitude**

Dates and Times– Choose One:  
**March 22nd at 12:00 pm Arizona time**  
**March 27th at 11:00 am Arizona time**

**ENROLLMENT IS LIMITED.** Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or [support@emindful.com](mailto:support@emindful.com) with any questions.

## COMING IN APRIL

### **Stress Less, Live More™**

Your Body as a Stress Storehouse:  
How to Change It with Mindfulness

**Save the April Session Dates:**  
**April 12th 11:00 am Arizona time**  
**April 25th 12:00 pm Arizona time**

### **Weight Balance for Life**

Decreasing Dependence on Food for  
Pleasure

**Save the April Session Dates:**  
**April 17th 1:00 pm Arizona time**  
**April 24th 12:00 pm Arizona time**

