Wayne Corporation
Employee Assistance Program

Live Webinar

The Benefits of Mindfulness

When: Tuesday, May 17th, 2016 at 12:00pm EST

Where: www.waynecorp.com
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Lots of us would like to be more mindful and live a more balanced life. In this session, you will learn practical techniques like breathing and meditation exercises. A regular mindfulness practice can help you feel better, reduce your stress, and enjoy life more.