

Stay balanced with Mindful Mondays

Mindful Mondays are monthly, no-cost classes designed to help you combat stress and build resilience.



Meditation and Breathing for Better Health

Say goodbye to burnout and hello to a renewed sense of vitality and joy. Unlock the power of meditation and breathwork to improve your health and well-being.

Guided Meditation for Relaxation

Relaxation techniques can help us manage stress and improve our overall health. Learn how to incorporate quick exercises throughout your day—including deep breathing, progressive muscle relaxation, and meditation.

Mindfulness for a Brain Reset

Feeling mentally fatigued and unable to focus? Learn how mindfulness can help you hit the reset button in your brain for greater resilience, concentration, and productivity.

**Meditation and Breathing
for Better Health**

Monday, April 6

**Guided Meditation
for Relaxation**

Monday, May 4

**Mindfulness for
a Brain Reset**

Monday, June 1

All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

Spanish closed captioning is only available during the on-demand recording.

REGISTER TODAY

k-p.li/4rcZtf4