



Aware Live Mindfulness Sessions

**A free benefit from your
Employee Support Program
to help you and your family
stay well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.

TO PARTICIPATE:

Sessions are being offered at multiple times in several languages. To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

Please note, times are listed in EDT.

Tuesday 3/31

[12:00 pm English](#)

[12:30 pm English](#)

[1:00 pm French Canadian](#)

[1:30 pm French Canadian](#)

Wednesday 4/1

[4:00 am Mandarin](#)

[4:30 am Mandarin](#)

[6:00 am French](#)

[6:30 am French](#)

[9:00 am English](#)

[9:30 am English](#)

[4:30 pm English](#)

[5:00 pm English](#)

Thursday 4/2

[3:30 am English-India](#)

[4:00 am English-India](#)

[1:00 pm French Canadian](#)

[1:30 pm French Canadian](#)

[5:00 pm English](#)

[5:30 pm English](#)

Friday 4/3

[8:00 am Portuguese](#)

[8:30 am Portuguese](#)

[12:00 pm English](#)

[12:30 pm English](#)