



## De-stress with Mindfulness

Feeling stressed? Mindfulness is focusing on the present moment, while calmly acknowledging and accepting your feelings, thoughts and bodily sensations. It may help you deal better with everyday stress.

In this webinar, you'll learn how mindfulness is key to stress management, and how it can impact your eating habits, behavior and physical activity.

## Stress and Mindfulness

**Date: Tuesday, August 18**

**Time: 12 p.m. – 1 p.m.**

**Register Now**

**Space is limited.**