

WAYNE CORPORATION EMPLOYEE ASSISTANCE PROGRAM LIVE WEBINAR

THE BENEFITS OF MINDFULNESS

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

Where: www.waynecorp.com

- Front Page > Work-Life & Webinar Portal (bottom right corner)
- Log In or Register
- Once logged in, click on “webinars” tab and “register”



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.



Quality Employee Assistance Programs