Magellan HEALTHCARE®

Mindfulness: The Life-Mind-Body Connection

Your mind and body are powerful allies. How you think can affect how you feel. And how you feel can affect your thinking. Register for this webinar to:

- Define mindfulness and other mind-body methods to reduce stress.
- Explain the myths and realities of meditation.
- Practice deep breathing and meditation techniques.

Call your Employee Assistance Program and Family Resources at 1-877-804-9753 (TTY 711) or visit MagellanAscend.com for helpful resources.

AVAYA

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