HR Presents: MINDFULNESS, MEDITATION and RELAXATION

Date: Tuesday, September 29, 2015
Time: 12:00 noon – 1:00 pm
Location:
Presenter: Eva Churchill

Mindfulness, Meditation and Relaxation
In this fast paced world, where each of us deal with an enormous amount of stress, it is important to take care of our physical and emotional well-being. Meditation and relaxation techniques, practiced regularly, provide benefits that have both short-term and long-term positive effects. This seminar reviews the history of meditation and the benefits of regular practice, along with a demonstration of some relaxation techniques that you can put into practice.

In addition to seminars and webinars, the College of the Holy Cross EAP provides:

- Individual, family and couples’ counseling
- Family and care-giving (pet, child and elder care)
- Legal and financial consultations
- Convenience services such as event/party planning, travel, comparison shopping, and more
- Health and wellness resources and referrals

*The LifeScope program is available to all employees, as well as their household and family members.

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