

# Healthy Minds at Work

Isn't it time to put yourself first?

*Choose You!*

The ELRC would like to invite you to participate in a Community of Practice to support your use of the Healthy Minds app.

Intentionally setting time to practice will help you on your journey! These weekly calls will help you create a new mindfulness practice and give a space to share resources, successes, and challenges.

**Every Monday at 1:00pm**

[https://zoom.us/meeting/register/tJMkdO6spjwoHNT0D6fOtabUhlalPc\\_agSuH](https://zoom.us/meeting/register/tJMkdO6spjwoHNT0D6fOtabUhlalPc_agSuH)

**All facility staff are welcome!**

healthyminds  
@work®

