

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/tJEoc-GurzguGt39xhy2NeBhFmcw7iHsFkOs>

All facility staff are welcome!

healthyminds
@work®

