



Mindfulness Audio Sessions:



## Welcome to the Aware Mindfulness Channel

The Aware Mindfulness channel provides an opportunity to engage in short audio mindfulness exercises facilitated by Aware specialists. This channel houses a variety of on-demand sessions in English, French, Spanish, Mandarin, Italian and Portuguese.

**To access a recorded session, click here.**

You will register with your name and email to access the selected recordings. You may access the channel as many times as desired.

**The Aware Mindfulness Channel is part of your Employee Assistance Program, a free, confidential benefit available 24/7 to help you and your family stay well and well balanced.**