

OCTOBER 2023

Pause. Breathe. Resume

ONLINE SEMINAR

Mindfulness practice invites us to build active awareness of our thoughts, sensations, and emotions. In this session, we will learn how to notice our own thoughts and how we react to them.

LET US HELP

Visit your home page starting October 17th

WEBSITE:

<https://helpwhereyouare.com/CompanyLogin/1572/NWM>

PASSWORD: FCAC

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EMPLOYEE ASSISTANCE PROGRAM