



Aware Live Mindfulness Sessions

21 - 24 April

**A free benefit from your
Employee Support Program to
help you and your family stay
well and well balanced**

Join us for a series of live, web-based sessions facilitated by an Aware specialist, and engage in 10-minute mindfulness exercises that will help you focus, release tension, and reset for improved wellbeing.



Available any time, any day, your Employee Support Program is a free, confidential benefit to help you balance your work, family, and personal life.

TO PARTICIPATE:

Sessions are being offered at multiple times in several languages. To participate, **click on the session you'd like to attend from the selections below**, and submit your registration.

EDT | GMT

Tuesday 21 April

[12:00 pm](#) | [4:00 pm](#) English
[12:30 pm](#) | [4:30 pm](#) English
[1:00 pm](#) | [5:00 pm](#) French Canadian
[1:30 pm](#) | [5:30 pm](#) French Canadian
[5:00 pm](#) | [9:00 pm](#) Spanish LATAM
[5:30 pm](#) | [9:30 pm](#) Spanish LATAM

Wednesday 22 April

[4:00 am](#) | [8:00 am](#) Mandarin
[4:30 am](#) | [8:30 am](#) Mandarin
[6:00 am](#) | [10:00 am](#) French
[6:30 am](#) | [10:30 am](#) French
[9:00 am](#) | [1:00 pm](#) English
[9:30 am](#) | [1:30 pm](#) English
[4:30 pm](#) | [8:30 pm](#) English
[5:00 pm](#) | [9:00 pm](#) English

Thursday 23 April

[3:30 am](#) | [7:30 am](#) English
[4:00 am](#) | [8:00 am](#) English
[5:00 am](#) | [9:00 am](#) Spanish
[5:30 am](#) | [9:30 am](#) Spanish
[1:00 pm](#) | [5:00 pm](#) French Canadian
[1:30 pm](#) | [5:30 pm](#) French Canadian
[5:00 pm](#) | [9:00 pm](#) English
[5:30 pm](#) | [9:30 pm](#) English

Friday 24 April

[8:00 am](#) | [12:00 pm](#) Portuguese
[8:30 am](#) | [12:30 pm](#) Portuguese
[9:00 am](#) | [1:00 pm](#) Italian
[9:30 am](#) | [1:30 pm](#) Italian
[12:00 pm](#) | [4:00 pm](#) English
[12:30 pm](#) | [4:30 pm](#) English