



Aware Live Mindfulness Sessions

28 April – 1 May

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 28 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 29 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 30 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 1 May

- [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