



# 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