

From: [Dennis, Steven](#)
To: [All City Employees](#)
Subject: Optima EAP - Live Mindfulness Sessions !!
Date: Monday, March 30, 2020 1:02:55 PM

Good Afternoon,

I hope this email finds you safe and well!

We would like to invite you to 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. These are challenging times, but incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills .

To access the sessions, simply click on the link below of the date and time that works best for you.

Live Sessions are as follows:

Tuesday 3/31

12:00 pm English [register.gotowebinar.com]

12:30 pm English [register.gotowebinar.com]

Wednesday 4/1

9:00 am English [register.gotowebinar.com]

9:30 am English [register.gotowebinar.com]

4:30 pm English [register.gotowebinar.com]

5:00 pm English [register.gotowebinar.com]

Thursday 4/2

5:00 pm English [register.gotowebinar.com]

5:30 pm English [register.gotowebinar.com]

Friday 4/3

12:00 pm English [register.gotowebinar.com]

12:30 pm English [register.gotowebinar.com]

Note: Sessions are first come first serve and will not be recorded.

Be Safe and Stay Well.