



Reduce Stress
Increase Happiness
Improve Focus



Please join us for a series of four, once a month brief training sessions designed to reduce stress and improve performance in the workplace. This series of trainings will focus on how research based mindful practices can make employees healthier, happier, and more effective.

September 27th, 2017

October 18th, 2017

November 15th, 2017

December 20th, 2017

All Wednesday sessions will be held in the Board Room. Attend either 9:15 am to 9:45 am or 10:00 am to 10:30 am



For more information contact: Barbara Berger Health and Nutrition Specialist at 575-527-5943 or Amy Himelright Coordinator, Employee Assistance Program at 575-520-3760