



Mind Full, or Mindful?

Anthem's Resiliency in the Workplace Series

Join us for Part 3

Learning to Stay Present, the Art of Mindfulness

What is mindfulness? What is meditation? How do I start a simple practice of mindfulness each day to improve my physical and emotional health? These questions and more will be answered in part 3 of the series. *Please have a piece of chocolate or a small piece of fruit available.

Presenter Stephany Sherry, Health Promotion Manager from Anthem BCBS.

*Note: This program is available to all employees.

Date: Thursday, June 23, 2022

Time: 12:30pm – 1:30pm

To register email Employee Wellness

at employeewellness@fultoncountyga.gov

