



# A Month of Mindfulness

5-week Program on Wednesdays,  
January 3 to January 31, 2024

4:00-4:45 pm via Zoom

Free program open to all employees and spouses

## Welcome to 2024!

A Month of Mindfulness is a 5-week Zoom program that invites you to a 45-minute mindfulness session every Wednesday afternoon. For the month of January, we create the space and support to learn about mindfulness and relaxation practices. Each week will introduce a different mindful quality and different mindfulness meditation practice. This is a gift to yourself as the new year begins and adds something nourishing and refreshing to your year ahead.

**Leader:** Jeannine Schroder, Mindfulness Based Stress Reduction Instructor

**Registration:** Please register [HERE](#) for this program.

Prizes will be distributed to those employees who attend every session of the series in full. Only MIIA/Blue Cross subscribers are eligible for prizes.