



**Providence  
Health Care**

How you want to be treated.

# Mindfulness and Mitigating the Response to Stress Webinar

## Session Description

Mindfulness helps to decrease stress, increase resilience, improve personal productivity, develop connections with others, and augment the ability to experience more joy and peace. This webinar will focus on understanding mindfulness and will assist participants in practicing techniques that can be implemented into everyday life at work and at home.

## Registration link:

Link: <https://forms.gle/viwGYJoBnPJPpRwJA>. You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



**April 16, 12 pm - 1 pm**

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Questions? Email [wellness@providencehealth.bc.ca](mailto:wellness@providencehealth.bc.ca)