

# AWARE: A MINDFULNESS PROGRAM

## FEATURES:

- Six telephonic sessions with an Aware specialist who is trained in mindfulness.
- An individualized practice plan, tailored to your needs.
- Opportunity to experience and learn mindfulness exercises within each scheduled session.
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide.



The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

**TOLL-FREE: 866-212-6096**

**WEBSITE: <https://neelyeap.helpwhereyouare.com>**

**COMPANY CODE: UH**

