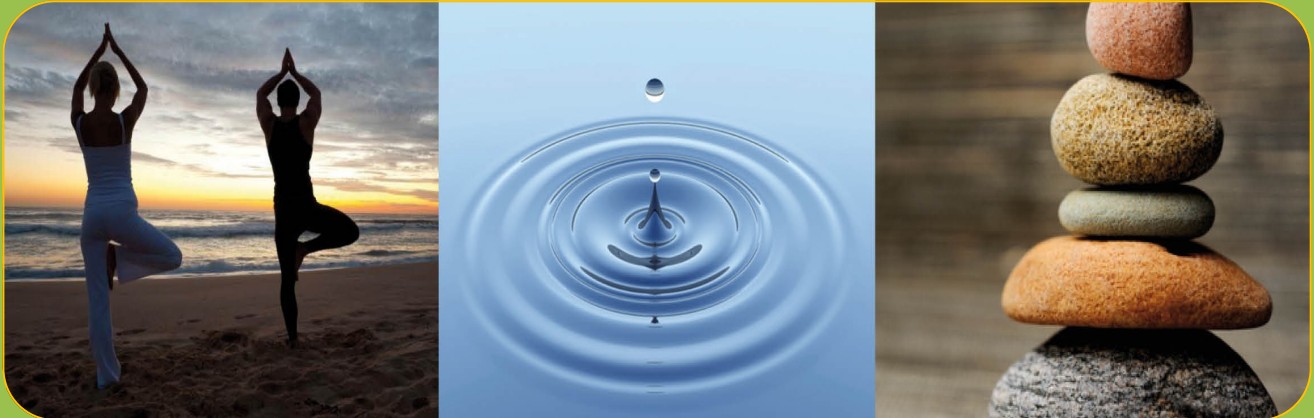


STRESS AWARENESS

Join us for a Webinar on April 16th at 11 AM PST

April is Stress awareness month, so Cascade is offering a webinar about Mindfulness Stress Reduction, a proven technique to reduce stress. This webinar will help you understand how the mind-body connection plays an important link between Mindfulness and stress reduction.



The EAP can help reduce stress!

- Talk with an EAP counselor about causes of stress and coping skills
- Access free financial coaching and legal advice
- Let Cascade locate resources for you and your family
- Speak with a health coach to cope through relaxation techniques and exercise

About the Webinar:

This webinar will introduce you to Mindfulness: a process proven to reduce stress, regulate mood, increase brain function, improve impulse control, enhance immune functioning, and successfully treat chronic pain. You will learn exactly what Mindfulness is and the differences between informal and formal practices and how to bring them into your life effortlessly. Most importantly, you will actually participate in a Mindfulness meditation so you can *experience* Mindfulness, not just learn information about Mindfulness. If you are unfamiliar with Mindfulness or have tried unsuccessfully to develop a personal meditation practice, then this webinar is for you!

When:

April 16, 2013
11:00 AM PST

REGISTER NOW

Reserve your Webinar seat now at:

<https://www2.gotomeeting.com/register/670158794>