

## One Source EAP Mental Health Awareness Month **Lunchtime Seminar Series**

**Tuesdays & Thursdays, May 3<sup>rd</sup> -26<sup>th</sup>  
12:00 Noon – 12:30 PM**

Join One Source EAP for self-care programs to help you reduce stress and increase resilience.

### Schedule

**Tuesday, May 3<sup>rd</sup> - Yoga for Wellness**

**Thursday, May 5<sup>th</sup> - Guided Visualization**

**Tuesday, May 10<sup>th</sup> - Ergonomics & Proper Body Movement**

**Thursday, May 12<sup>th</sup> - Instant Relaxation Techniques**

**Tuesday, May 17<sup>th</sup> - Concentration Meditation**

**Thursday, May 19<sup>th</sup> - Affirmation & Resilience**

**Tuesday, May 24<sup>th</sup> - Mastering the Mindful Meal**

**Thursday, May 26<sup>th</sup> - Yoga for Wellness**

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