

BETTER YOU MINDFULNESS

Florida Blue 
BetterYou

Mindfulness is a popular topic. The media and scientific studies cite mindfulness for its benefits in reducing stress, anxiety and symptoms of various health conditions. Join us to learn what mindfulness is and is not, mindfulness practices, and how to incorporate it into everyday life (including the work place).

Presented by Florida Blue and

Date:

Time:

Place:

Contact:

To register for the event, visit:

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