



**Magellan**  
HEALTHCARE®

# Mindfulness: The Life-Mind-Body Connection



Your mind and body are powerful allies. How you think can affect how you feel. And how you feel can affect your thinking. Register for this webinar to:

- Define mindfulness and other mind-body methods to reduce stress.
- Explain the myths and realities of meditation.
- Practice deep breathing and meditation techniques.

Call your Employee Assistance Program at 1-800-588-8412 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) (use Principal Enhanced) for helpful resources.