

April 8, 2020

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Mindfulness, financial fitness webinars April 10, 15

by ESO

Join ERS Friday, April 10 for "Intro to Mindfulness: What, Why and How" to learn how mindfulness can help you effectively manage stress.

Register for one of two 60-minute, interactive, web-based workshops to explore the science and practical application of mindfulness. Sessions offered on April 10 are from 10-11 a.m. and 12-1 p.m.



Register [HERE](#).

Mindfulness has been proven to:

- Improve productivity
- Reduce blood pressure
- Improve sleep
- Decrease anxiety and depression
- Improve immune function

Financial Fitness for Your Future webinar April 15

In addition to the upcoming mindfulness webinar, join ERS Wednesday, April 15 from 12-1 p.m. for "Financial Fitness for Your Future." Learn strategies to build a stronger financial foundation for your future with the Office of Consumer Credit Commissioner. Register [HERE](#).

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Breathe your way to less stress, better health webinar April 9
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