



# Mindfulness: Finding your purpose and vision in a changing world



With countless modern distractions, it can be hard to be present in the moment, focus on your purpose in life and feel gratitude for the good that's happening.

Register for this live webinar\* on Wednesday, January 11 at 1:00 pm CT to:

- Define mindfulness
- Identify your unique gifts, talents and interests
- Discuss techniques to maintain your life purpose

*\*All live webinars are recorded and posted on your member website.*

Call your Employee Assistance Program at 1-866-580-9046 (TTY 711) or visit [MagellanAscend.com](https://MagellanAscend.com) for helpful resources.

