

WELLNESS WORKS WONDERS



*"That's life: starting over, one breath at a time." – Sharon Salzberg*

# Mindfulness Toolbox:

## *Learn to Manage Stress More Effectively*

Interested in taking some time out of your day to learn better stress management techniques such as meditation, deep breathing, and relaxation exercises? We'd like to give you a "preview" of the six week group that EAP is offering to employees who are interested in learning more about the benefits of mindfulness and improving their own mindfulness practices.



Come prepared to try some mindfulness practices co- led by **Melissa Mandell**, our MSW Intern, and **Bobbie Jaeger**, LCSW, CEAP, CSAC Employee Assistance Professional.

**BACK BY POPULAR DEMAND ~ Tuesday, April 3rd 4:30 p.m.—5:30 p.m.**

### **ARLINGTON EAP**

Thurgood Marshall Bldg., 2847 Wilson Blvd, Arlington, VA 22201

**Open to all APS and ACG Employees**

Free Parking ~ Access the lot from N. Fillmore; park in the back

Light healthy snacks will be served.

**RSVP:** Bobbie Jaeger • 703-228-8729 • [renee.jaeger@apsva.us](mailto:renee.jaeger@apsva.us)

[www.apsva.us/eap](http://www.apsva.us/eap)

