



Calm your Mind: How Mindfulness Reduces Stress

Speaker: Wendy Hummer BS, NBC-HWC

Attend virtually: ccemployeewellness.com/wellness-connection-1

Wed., Dec. 17 | noon - 12:30 p.m., EST

Objectives:

1. Discuss what mindfulness is and explain how it can help with stress reduction.
2. Review practical ways to apply mindfulness in everyday moments to enhance focus and well-being.
3. Demonstrate a short mindfulness mini practice to experience the benefits firsthand.

All caregivers are welcome to attend this presentation.