



Mindfulness Audio Sessions:



Welcome to the Aware Mindfulness Channel

The Aware Mindfulness channel provides an opportunity to engage in short audio mindfulness exercises facilitated by Aware specialists. This channel houses a variety of on-demand sessions in English, French, Spanish, Mandarin, Italian and Portuguese.

[To access a recorded session, click here.](#)

You will register with your name and email to access the selected recordings. You may access the channel as many times as desired.

The Aware Mindfulness Channel is part of your Employee Support Program, a free, confidential benefit available 24/7 to help you and your family stay well and well balanced.