



Interact With Live, Virtual, Expert Mindfulness Teachers



We are doing everything to support you during these times. All benefitted employees and their family members have access to eM Life Core Mindfulness Solutions! The Core Solutions include live and on-demand short mindfulness programs with topics and mindfulness skills every day covering anxiety, mindful parenting, mindful eating, financial stress, and more.

The benefits of mindfulness go beyond current crisis's and can help boost immunity, reduce stress and anxiety, enhance focus, build connections, address chronic conditions, and much more. Get started today at <https://vibe.emindful.com/signup/eugene>.

One eM Life session per week can be considered work time with advance supervisor approval. Supervisors can also approve additional sessions as work time to support employee competencies or other needs, and you can access as many sessions as you like on personal time from either home or work.