

Resources for total wellbeing

Aware: A MINDFULNESS PROGRAM



FEATURES

- Telephonic sessions with an Aware specialist who is trained in mindfulness
- An individualized practice plan, tailored to your needs
- Opportunity to experience and learn mindfulness exercises within each scheduled session
- Electronic resources such as a practice plan journal, guided practice exercises and an additional resource guide

The Aware mindfulness program helps you learn to meaningfully engage in the present moment. It offers a research-based approach to stress management, which is derived from some of the world's leading experts in the field.

A specially trained Aware specialist will guide you through a step-by-step process to learn the skills you need to reduce stress, emphasize the present, establish greater mind-body balance and increase overall wellbeing.

TOLL-FREE: **866-849-1687**

WEBSITE: [\[link located in Student Portal\]](#)

INSTITUTION NAME: **"Richard Milburn Academy"**

Student Assistance Programs
& TRAINING SERVICES LLC