



## Excelling at Work & Life

# Mindfulness for Stress Management Webinar

Presented by TriHealth EAP and Workplace Wellbeing & Fitness  
Wednesday, June 16, 10 a.m. – or – Thursday, June 24, 12 p.m.

In this presentation, learn the effects of stress on physical and emotional wellbeing, and identify how being more mindful can reduce the effects of short-term and chronic stress. This session includes an opportunity to relax and unwind as you practice a guided meditation to experience first-hand how mindfulness can benefit you. [To register for this 60-minute webinar, please call 513 977 2165, email \[TriHealthEAP-CST@TriHealth.com\]\(mailto:TriHealthEAP-CST@TriHealth.com\) or \[register online.\]\(#\)](#)



**Laura Jackson, LISW, LICDC, SAP**  
Specialty Treatment Coordinator  
TriHealth EAP

With more than 14 years' behavioral health experience, Laura's work with TriHealth EAP includes counseling, substance use evaluations, on-call intervention, disability case management and serving as a company liaison.



**Shannon Ricca, MA**  
Employer Solutions Consultant  
Workplace Wellbeing & Fitness

As a health coach and certified personal trainer, Shannon applies her bachelor's degree in Kinesiology and master's degree in Clinical Counseling to help people live their best lives.



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