



A Guided Relaxation and Mindfulness Session

Fill your cup during a guided relaxation and mindfulness session. Learn techniques for unwinding and rejuvenating anytime, anywhere.

A Guided Relaxation and Mindfulness Session

Tuesday, May 6

12:30 p.m. - 1:30 p.m.

[Register Now](#)

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

