



My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on [Mindfulness: A Path to Mental Well-being](#). Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)

Complimentary Webinar

Mindfulness: Cultivating Silence in a Noisy World

Mindfulness is a skill developed by deciding to slow down and take time to pay attention to our day-to-day experiences. During this webinar, learn how to implement a mindfulness and gratitude practice while uncovering the many benefits researchers have found this practice to have on our overall well-being and quality of life. This webinar will be interactive and is designed to help you stay on course to achieving your goals for 2024.

Register Today! January 30, 2024 | 12 - 1pm EST | English

Register Today! January 29, 2024 | 12 - 1pm EST | French



If you have already included BestLifeRewarded™ in your employee benefits plan visit the [Workplace Launch Kit](#) page and share the [Member Sign-up Guide](#) with your employees today!

If Best Life Rewarded is not included in your group benefits plan, [Meet BestLife Rewarded](#) and contact support@besliferewarded.com to learn more.

Get Well. Stay Well. Live Well.



Questions? Please contact info@groupecenseo.com

groupecenseo.com