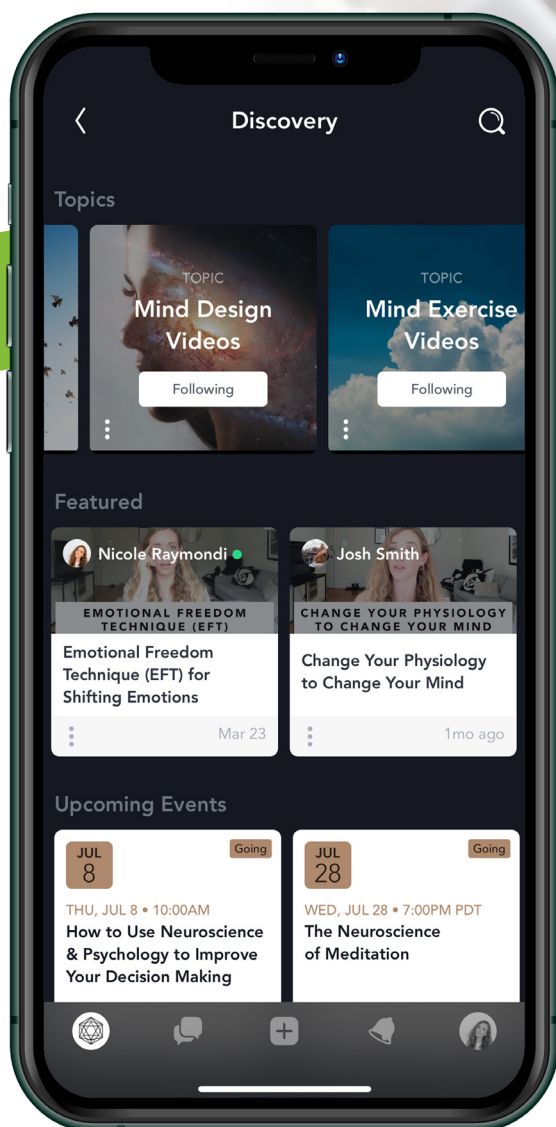




SELF BY DESIGN

Mindfulness Training for greater awareness, stronger resilience, and higher mental well-being.



Mindfulness Training is now included in your **NexGen EAP** program, making it a truly holistic EAP supporting all areas of wellness including mental, emotional, spiritual, and physical.

To support you in building the mental resilience, cognitive skills, and emotional management tools to navigate today's challenging world, our **Mindfulness Training** includes quarterly live masterclasses on mental wellness/mindfulness and a video content library full of educational videos and exercises for the mind. All of these resources are accessible through the **NexGen EAP** portal and available via mobile app and desktop.

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