**Your April Webinar Invite**

On Friday, April 10, you are invited to join us for a webinar discussing:

**Intro to Mindfulness: What, Why and How**

In this 60-minute, interactive, web-based workshop, you will explore the science and practical application of mindfulness. This evidence-based skillset is available to all of us and has been proven to:

* Improve productivity
* Reduce blood pressure
* Improve sleep
* Decrease anxiety and depression
* Improve immune function

This workshop provides an overview of why and how mindfulness can help you effectively manage stress. You will leave with strategies to help you apply this skill every day.

**About the Speaker:**

Lacy Wolff serves as the Health Promotion Administrator at Employees’ Retirement System of Texas. She is responsible for promoting ERS’ wellness initiatives and programs offered through the Group Benefits Plan to over 500,000 state employees, retirees, and family members. After completing her undergraduate degree in kinesiology from Texas A&M University, Wolff spent more than 12 years supporting the health of the U.S. Army in both Italy and Germany. During that time, she completed her master’s degree in exercise science and health promotion. In 2014, Wolff returned to the United States to work for the State of Texas. She is proud to help build, sustain and promote health and wellness for Texans!

**Registration links:**

10 a.m. link: <https://attendee.gotowebinar.com/register/4059848134185684748>

12 p.m. link: <https://attendee.gotowebinar.com/register/5197237937540079628>