

# Riding the Wave of Life



Every day life is full of change and transitions. Some we welcome and enjoy, and others we do not welcome and do not like. Mindfulness supports us as we learn to ride the wave of life and helps us find our innate evenness during times of joy and challenge.

For more program details, visit the registration page.

## Free to all MIIA:

- employees and spouses
- retirees on a MIIA/Blue Cross health plan

**Tuesday, April 7  
4:30 PM to 5:30 PM**

**Zoom**

**Jeannine Schroder,  
Mindfulness Based Stress  
Reduction Instructor (MBSR)**

**[Register here](#)  
by April 7**



**Register on  
your MIIA Mobile App**

Download the app  
from the App Store or Google Play

