

ALA NMRT Online Programs

Committee Presents...

Using Emotional Intelligence and Mindfulness to Navigate the Stress of Life



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Director of Communication and
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nonprofit organization.

"Come and Join Us Online"

As a Former Law Librarian, and current Mindfulness Meditation Instructor discusses emotional intelligence and teaches us how to practice mindfulness as a way of enhancing your personal and professional life. Join us as we learn mindfulness meditation to reduce stress, relax, and improve focus in all aspects of life.

Thursday, May 7, 2020

2 pm E/1 pm C

 **@ALANMRT**



TO REGISTER:

VISIT [EVENTBRITE.COM/E/102317396086](https://eventbrite.com/e/102317396086)

CONTACT: LAQUANDA AT: LONYEMEH@GMAIL.COM WITH QUESTIONS