

FREE WEBINAR

MINDFULNESS IN MOTION

STRESS RELIEF ON THE GO FOR HEALTHCARE PROFESSIONALS

PRESENTED BY:

Malika Curry, LCPC
EAP Manager

&

Kara Stevens, MS, RN, NE-BC
Director of Wellness, UMMC

Oct 14, 2025
12 pm - 1 pm

OBJECTIVES:

- Understand mindfulness and science-backed benefits
- Explore tools to manage stress and foster resilience
- Practice techniques that integrate easily into a clinical work flow



Sponsored in partnership with the Employee Assistance Program (EAP) and UMMC's Wellness Program. EAP offers confidential counseling in person or secure telehealth. This free referral service is available to employees and their family members.

