



MONDAYS WITH DR MARK & DR MICHAEL

Monday, December 1, 2025 | 1:00 – 2:00PM

TOPIC #57

The Mindful Workforce: Mindfulness Strategies for Work, Life, and the Holidays

Featured Speaker:



Harriet Stein, RN

Author, *Perfect Attendance: Being Present for Life*



MONDAYS WITH
D^R MARK & D^R MICHAEL

NORTHEAST
BUSINESS GROUP ON HEALTH



The little things.
The little moments.
They aren't little.
Jon Kabat-Zinn

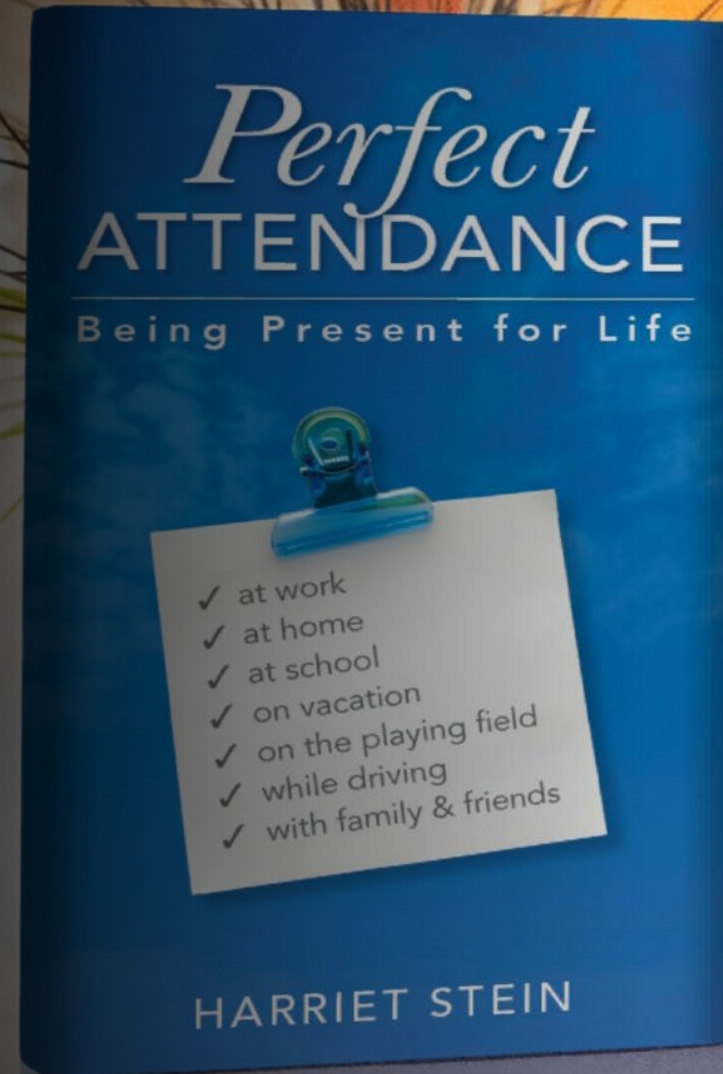


Thank you for paying attention!

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Upcoming NEBGH events:

- **December 10** – The Caregiving Reality Check: Inside Today's Workforce
- **December 15** – Mondays with Dr. Mark & Dr. Michael

SAVE THE DATE FOR THESE 2026 IN-PERSON EVENTS!

- **February 12** – 31st Annual Tribute to Leadership
- **March TBA** – Cardiometabolic Health as a Business Imperative
- **June 18** – 15th Annual Health & Wellness Benefits Conference



Remember to rate this webinar!

