



Download the eM Life App today



Journey Forward: The M.M.A.P. For Success

Experience The Military Mindfulness Action Practices (M.M.A.P.) For Success

Connect with expert teachers and other veterans to develop the skills that improve your health, happiness, and performance.

Upcoming Start Dates

August 18 at 3:00pm MT
September 15 at 1:00pm MT

To register for this program

Step 1: Create your free account with eM Life here: <https://vibe.emindful.com/signup/veteranspath>
Step 2: Register for the program here: <https://vibe.emindful.com/programs/243>

If you need assistance please contact support@emindful.com

One solution, many features

- An interactive workbook and guide to help you develop a personalized stress management plan
- 10, 30-minute live, expert-led, interactive online sessions
- Access to weekly, experiential learning content and practices
- Personalized strategies to integrate into your daily life
- An expert-led community to help you learn, engage, and build purpose
- Accessibility through the web, mobile, and native app (iOS and Android)

In this 10-session program, you will:

- Connect with other veterans and active military members
- Reduce stress and anxiety
- Improve your physical health, emotional well-being, sleep, performance, energy and quality of life
- Gain support from an expert-teacher
- Develop skills and learn strategies to cope with stress
- Build purpose and social good by giving back to the charity of your choice with Vibe Tribes™
- Learn how to practice mindfulness whenever and wherever you'd like

72%
reduce stress

42
hours per year increase in focused performance