



Simplify your life to calm your mind



Learn how “The wisdom of life consists of the elimination of nonessentials.” Join the live webinar on Wednesday, December 10, 2025 at 1:00 p.m. CT. Scan the QR code to [register now](#).

Attend this webinar to:

- Define how taking on too much causes mental and physical clutter
- Develop decluttering strategies for peace of mind
- Apply mindfulness techniques to reduce mental overload

The webinar will be recorded and posted on your Employee Assistance Program website, Member.MagellanHealthcare.com (enter Principal Core).