



Please join us for our 4Q Total Health Webinar

# Mindfulness for Health

Presented by Rhonda Haller, RD, LDN  
and Rob Peters, LCSW, CEAP

**Thursday, December 8<sup>th</sup> | 11:30AM CT**

Find Teams meeting info at [TotaHealth.cat.com](https://TotaHealth.cat.com) > Events

**Total** health

