

How to Break Through Anxiety by Recharging Effectively With Brain.fm Webinar

Monday, June 28th
5:30pm - 6:30pm EST



Join the EFEPA and Chandler Perog, COO of Brain.fm, for an informational presentation on Brain.fm strategies to improve performance and wellness.

This webinar will cover:

- Part 1 - Deep dive into Brain.fm's technology and how to leverage the combo of the relax and meditation genres
- Part 2 - Patterns of anxiety, how to understand and break through
- Part 3 - Key habits and structures for morning, evening, and weekend routines to recharge effectively
- Part 4 - Guided group meditation

REGISTER!