

Presenter: Cheryl L. Jones

Cheryl Jones, M.A., is Founder and Executive Director of The Mindful Path. She translates mindfulness for the workplace helping people to improve health, resilience, and effectiveness. Cheryl is an exercise physiologist with extensive training in Mindfulness-Based Stress Reduction and a Certificate in Spirituality from the University of Saint Joseph. Cheryl was formerly Aetna's Wellness Strategy Lead and Director of Mindfulness. She is the author of *Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey* and *Mindful Exercise: A Bridge Between Yoga and Exercise*.