

Decreasing Dependence on Food for Pleasure

Many forms of entertainment are often centered on food and beverage. In fact, it's often the theme of events, so it becomes engrained in our minds to associate food with fun and comfort. How do we learn to decrease our dependence on food for pleasure and change our attitudes toward food? In this session, we'll learn how to bring mindfulness to the table, and to the party, by recognizing the importance of play and personal fulfillment in relationship to food.

In Decreasing Dependence on Food for Pleasure, you will begin to:

- Understand how mindfulness can be useful as a foundational tool in weight management
- Practice taste satiety and emotional satisfaction related to eating small quantities of food, including "discretionary calories"
- Decrease reliance on food for pleasure and joy



REGISTRATION INFORMATION

Join us for our free **Weight Balance For Life** online session. Registration is easy!

April Session: **Decreasing Dependence on Food for Pleasure**

Dates and Times – Choose One:

April 7th at 12:00 pm Arizona time

April 21st at 11:00 am Arizona time

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now at: <https://adoa.emindful.com>. Use your Employee Identification Number (EIN) as your "Unique ID" when prompted.

Please contact Tech Support at **1-855-211-1536** or techsupport@emindful.com with any questions.

Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

COMING IN MAY

Stress Less, Live More™

Too Busy to De-stress? Overcoming Common Challenges to Practicing Mindfulness

Save the May Session Dates:

May 12th 1:00 pm Arizona time

May 27th 1:00 pm Arizona time

Weight Balance for Life

Exploring and Challenging Thought Patterns that Lead to Weight Gain

Save the May Session Dates:

May 13th 12:00 pm Arizona time

May 28th 11:00 am Arizona time

