

Time to Get Moving! Overcoming Obstacles to Becoming More Active

Do you frequently find reasons not to exercise or increase your physical activity? Too tired? Not enough time in the day? Learning how to overcome these hindrances with mindful changes in your thought patterns can do wonders for your metabolism.

In Time to Get Moving!, you will begin to:

- Increase your physical activity with gentle movements and solutions
- Better manage your weight
- Learn mindfulness practices that will help you look forward to increasing your activity level



REGISTRATION INFORMATION

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

July Session: **Time to Get Moving! Overcoming Obstacles to Becoming More Active**

Dates and Times – Choose One:

July 19th 1:00 pm Arizona time

July 27th 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.

COMING IN AUGUST

Stress Less, Live More™

Freeing Yourself from Stress by Mindfully Releasing Mind Traps

Save the August Session Dates:

August 9th 11:00 am Arizona time

August 25th 12:00 pm Arizona time

Weight Balance for Life

Using Self-Acceptance and Compassion to Support Weight Loss

Save the August Session Dates:

August 11th 12:00 pm Arizona time

August 24th 11:00 am Arizona time



Improving Productivity and Performance with Emotional Intelligence and Mindfulness

We juggle multiple tasks at work and home every day. How well we perform or succeed has much to do with how mindful we are at any given moment. Learning mindfulness practices to better understand your own behavior patterns allows you to change in ways that improve your productivity, health and personal relationships.

In *Improving Productivity and Performance* you will begin to:

- Be aware of your own behavior patterns and how to better manage them
- Be more productive, both professionally and personally
- Integrate mindfulness practices into your life



REGISTRATION INFORMATION

Join us for our free *Stress Less, Live More™* online session. Registration is easy!

July Session: *Improving Productivity and Performance with Emotional Intelligence and Mindfulness*

Dates and Times – Choose One:

July 20th 12:00 pm Arizona time

July 28th 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.

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