Using Self-Kindness and Compassion to Support Weight Loss

Do you ever feel like your weight loss progress isn't good enough? Chances are, you're not the only one thinking that. Often times we are our own worst critics. In this session, we will incorporate compassion and self-kindness to help make our weight loss journey the most successful it can be.

In Using Self-Kindness and Compassion , you will begin to:

- Better manage your weight
- Introduce self-kindness and compassion into your everyday practice
- Appreciate yourself for all you are worth

REGISTRATION INFORMATION

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

August Session: **Using Self-Kindness and Compassion to Support Weight Loss**

Dates and Times – Choose One:
August 11th 12:00 pm Arizona time
August 24th 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 SEPTEMBER

Stress Less, Live More™

Building Emotional Literacy to Transform Stressful Situations into Powerful Opportunities for Change

Save the September Session Dates:
September 20th 11:00 am Arizona time
September 29th 12:00 pm Arizona time

Weight Balance for Life

Understanding those Urges to Eat and Learning How to Work with Them

Save the September Session Dates:
September 22nd 12:00 pm Arizona time
September 27th 11:00 am Arizona time

eMindful® Accountable Wellness

Freeing Yourself from Stress by Mindfully Releasing Mind Traps

It is not uncommon for us to create problems in our minds that don't exist. This leads to unnecessary stress that has an effect on performance. In this session, we will learn how to mindfully manage our thoughts to break free of those traps once and for all.

In Freeing Yourself from Stress , you will begin to:

- Be aware of and manage the thought process that forms these traps
- Increase your productivity by dismissing barriers
- Experience mindfulness practices to integrate into everyday life

REGISTRATION INFORMATION

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

August Session: **Freeing Yourself from Stress by Mindfully Releasing Mind Traps**

Dates and Times – Choose One:
August 9th 11:00 am Arizona time
August 25th 12:00 pm 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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