

Mindful Strategies For Working With Foods That Are A Problem For Us

Many people have weaknesses, and for some, it's food. When you're trying to manage your weight, these food weaknesses can cause a problem. In this session, you will learn about the holistic and comprehensive approach of using mindfulness to lose and manage weight long-term.

In Mindful Strategies, you will begin to:

- Understand the universal benefits of mindfulness
- Recognize your food weaknesses
- Understand how mindfulness plays a role in weight loss

REGISTRATION INFORMATION

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

November Session: **Mindful Strategies For Working With Foods That Are A Problem For Us**

Dates and Times – Choose One:

November 17th 12:00 pm Arizona time

November 30th 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 support@emindful.com with any questions.

Capturing Your Secrets to Success by Creating a Personal Mindful Way to Reduce Stress Action Plan

Planning is important for success, whether it's a plan of action, a plan for reaction, or even a project plan. Taking a proactive approach to managing stress can help you stay one step ahead, rather than falling behind. In this session, you will create a personal action plan for dealing with stress when it occurs.

In Capturing Your Secrets to Success, you will begin to:

- Have a basic understanding of mindfulness
- Understand the importance of creating a Mindful Way to Reduce Stress action plan
- Have an idea of how and where to integrate these practices into your life

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November Session: **Capturing Your Secrets to Success by Creating a Personal Mindful Way to Reduce Stress Action Plan**

Dates and Times – Choose One:

November 16th 1:00 pm Arizona time

November 29th 1:00 pm Arizona time

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COMING IN DECEMBER

Stress Less, Live More™

More Happiness With Mindfulness in Daily Living

Save the December Session Dates:
December 13th 11:00 am Arizona time
December 21st 1:00 pm Arizona time

Weight Balance for Life

Holiday Eating

Save the December Session Dates:
December 15th 11:00 am Arizona time
December 20th 1:00 pm Arizona time



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