

Exploring What Gets in the Way of Losing Weight

Are you having trouble losing weight but can't figure out the problem? There are many obstacles to weight loss, and many people have difficulty getting over them. In this session, you will identify these obstacles and develop a mindfulness strategy to support them.

In Exploring What Gets in the Way, you will begin to:

- Identify obstacles to weight loss that can be addressed using mindfulness
- Understand mindfulness' role in weight loss
- Integrate mindfulness strategies into everyday life

REGISTRATION INFORMATION

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

October Session: **Exploring What Gets in the Way of Losing Weight**

Dates and Times – Choose One:

October 12th 12:00 pm Arizona time

October 18th 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.

Creating Better Relationships with Mindfulness

Relationships can influence our stress levels positively or negatively, and it's important to bring present moment awareness to these interactions. Increased communication can increase your relationships, as well as determining if a relationship is positive or negative. In this session, we will evaluate our current relationships, as well as the art of mindful communication.

In Creating Better Relationships, you will begin to:

- Identify relationships that are nourishing or depleting
- Learn to communicate more mindfully
- Understand the role of relationships in stress

REGISTRATION INFORMATION

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

October Session: **Creating Better Relationships with Mindfulness**

Dates and Times – Choose One:

October 13th 11:00 am Arizona time

October 19th 12:00 pm Arizona time

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COMING IN NOVEMBER

Stress Less, Live More™

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

Save the November Session Dates:
November 16th 1:00 pm Arizona time
November 29th 1:00 pm Arizona time

Weight Balance for Life

Mindful Strategies for Working with Foods that are a Problem for Us

Save the November Session Dates:
November 17th 12:00 pm Arizona time
November 30th 11:00 am Arizona time



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