

# Understanding Emotional Eating and How to Free Ourselves from its Hold on Us

Are you tired of the weight-gain roller coaster? Losing weight is both passionately desired by many of us and essential for our good health. But it's hard to maintain a healthy weight – unless you get the right kind of help and guidance. In this session, we'll learn how to use mind-body practices that help us cope with the triggers that lead to overeating. This holistic

approach increases self-esteem and helps us release the bad habits that control our eating.

In Understanding Emotional Eating, you will begin to:

- Manage stress that can lead to binge eating
- Experience food in new and exciting ways
- Decrease reliance on food for comfort



## REGISTRATION INFORMATION

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

June Session: **Understanding Emotional Eating and How to Free Ourselves from its Hold on Us**

Dates and Times – Choose One:

**June 11th at 11:00 am Arizona time**

**June 30th at 1:00 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.

Please contact Tech Support at **1-855-211-1536** or [techsupport@emindful.com](mailto: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 JULY

### Stress Less, Live More™

Improving Productivity and Performance with Emotional Intelligence and Mindfulness

#### Save the July Session Dates:

**July 16th 11:00 am Arizona time**

**July 28th 1:00 pm Arizona time**

### Weight Balance for Life

Time to Get Moving! Overcoming Obstacles to Becoming More Active

#### Save the July Session Dates:

**July 15th 11:00 am Arizona time**

**July 30th 12:00 pm Arizona time**

