

# Holiday Eating 2

During the holidays, it's common to indulge in more social eating and special holiday foods and traditions. It's also common to experience more stress that comes with balancing work and social holiday commitments, which can lead to less time for exercise. While these things pose a challenge to weight loss, there are many strategies to support managing stress, balanced eating and maintaining mindfulness and other healthy habits

during the holiday season.

In Holiday Eating 2, you will begin to:

- Carry out your mindful holiday weight plans
- Relate patterns of social or holiday eating to weight management efforts
- Learn mindfulness strategies that are specifically related to holiday challenges to weight loss
- Contemplate integrating these practices into the day

## REGISTRATION INFORMATION

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

December Session: **Holiday Eating 2**

Dates and Times – Choose One:

**December 8th 12:00 pm Arizona time**

**December 16th 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.

# More Happiness With Mindfulness in Daily Living

It's important to remember that maintaining balance in life is best supported by a regular mindfulness practice. An easy way to keep this in mind is by cultivating positive intentions about maintaining a mindfulness practice. In this session, we will recognize this is more the end of the beginning, rather than the beginning of the end.

In More Happiness With Mindfulness in Daily Living, you will begin to:

- Have a basic understanding of mindfulness
- Understand how to keep the practice alive
- Integrate mindfulness into every day life

## REGISTRATION INFORMATION

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

December Session: **More Happiness With Mindfulness in Daily Living**

Date and Time:

**December 9th 12:00 pm Arizona time**

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## COMING IN JANUARY

### Stress Less, Live More™

How to Stress Less and Live More With Mindfulness

Save the January Session Dates:

**January 12th 11:00 am Arizona time**

**January 28th 12:00 pm Arizona time**

### Weight Balance for Life

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

Save the January Session Dates:

**January 14th 1:00 pm Arizona time**

**January 26th 12:00 pm Arizona time**



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