

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 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



Feeling Overwhelmed? Learn Mindfulness Skills to Stop "Auto-Pilot" Stress Reactions and Make Choices to Calm the Chaos

Work and our daily responsibilities have a way of creating stress in our life. We put pressure on ourselves to overachieve. Stress management through guided mindfulness practices can improve resilience and help us feel better. In this session, you will learn to better handle stress and roll with the inevitable challenges of life.

In Feeling Overwhelmed? you will begin to:

- Enjoy renewed energy, focus and creativity
- Stop reacting and start responding with calmness
- Experience mindfulness practices, and how to integrate them into your day

REGISTRATION INFORMATION

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June Session: **Feeling Overwhelmed? Learn Mindfulness Skills to Stop "Auto-Pilot" Stress Reactions and Make Choices to Calm the Chaos**

Dates and Times – Choose One:

June 10th at 1:00 pm Arizona time

June 25th at 12:00 pm Arizona time

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