

# Holiday Eating

The holidays can be a challenging time to stay on track with your weight loss goals. More social events can mean more food, more stress, and less time to exercise. In this session, you will learn that while these can pose a challenge to weight loss, there are many mindfulness strategies that can support managing stress, balanced eating, and managing healthy habits to help support weight loss.

In Holiday Eating, you will begin to:

- Have a basic understanding of mindfulness and how it relates to weight loss generally
- Relate patterns of social or holiday eating to weight management efforts
- Learn mindfulness strategies that are specifically related to holiday challenges to weight loss

## REGISTRATION INFORMATION

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

November Session: **Holiday Eating**

Dates and Times – Choose One:

**November 12th 1:00 pm Arizona time**  
**November 17th 12:00 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.

# 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 17th 11:00 am Arizona time**  
**November 24th 2:00 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 9th 12:00 pm Arizona time  
December 15th 11:00 am Arizona time

## Weight Balance for Life

Holiday Eating 2

Save the December Session Dates:  
December 8th 12:00 pm Arizona time  
December 16th 1:00 pm Arizona time



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