

Listening to the Signals from our Body: Tuning in to Hunger & Fullness

We often do not realize that our bodies naturally support us in achieving and maintaining an optimally healthy weight through subtle signals and sensations. In this session, we will learn how to tune in to these subtle indicators of hunger and fullness, and how to discern between physical, emotional, and mental hunger so that we may increase our ability to respond to these signals more effectively.

In Listening to the Signals from our Body: Tuning in to Hunger & Fullness, you will:

- Have a basic understanding of mindfulness
- Understand how mindfulness can be useful as a foundational tool in weight management
- Tune in to the body's natural signs of hunger and fullness
- Learn to be more sensitive to the more subtle signals of hunger and fullness
- Learn to conceptually differentiate between physical and non-physical hunger signs of hunger



REGISTRATION INFORMATION

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

February Session: **Listening to the Signals from our Body: Tuning in to Hunger & Fullness**

Dates and Times – Choose One:

February 18th 1:00 pm Arizona time

February 23rd 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 with any questions.

COMING IN MARCH

Stress Less, Live More™

Less Stressful Living with a Mindfulness Attitude

Save the March Session Dates:

March 10th 12:00 pm Arizona time

March 22nd 12:00 pm Arizona time

Weight Balance for Life™

How to Get Out of the Stress & Eating Cycle

Save the March Session Dates:

March 11th 12:00 pm Arizona time

March 29th 12:00 pm Arizona time

