

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 FEBRUARY

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



Feeling "Stressed Out"? Learn How to Stop the Stress Cycle

It is common in our culture to experience stress. Often our experience of stress is so automatic that it never occurs to us that things could be different. In this session, we will look at the specific parts of the stress cycle where we can intervene to create a different outcome. You will receive handouts and recordings to support you in creating your own mindfulness practice.

In Feeling "Stressed Out"? Learn How to Stop the Stress Cycle, you will begin to:

- Have a basic understanding of mindfulness
- Understand the stress cycle
- Have strategies for interrupting the stress cycle
- Have experienced mindfulness practices
- Have an idea of how and where to integrate these practices into your life

REGISTRATION INFORMATION

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

February Session: **Feeling "Stressed Out"? Learn How to Stop the Stress Cycle**

Date and Time:

February 9th 12:00 pm Arizona time

February 24th 2:00 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.

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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

