

Mindful Strategies For Working With Foods That Are A Problem For Us

Many people have weaknesses, and for some, it's food. When you're trying to manage your weight, these food weaknesses can cause a problem. In this session, you will learn about the holistic and comprehensive approach of using mindfulness to lose and manage weight long-term.

In Mindful Strategies, you will begin to:

- Understand the universal benefits of mindfulness
- Recognize your food weaknesses
- Understand how mindfulness plays a role in weight loss

REGISTRATION INFORMATION

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

January Session: **Mindful Strategies For Working With Foods That Are A Problem For Us**

Dates and Times – Choose One:

January 14th 1:00 pm Arizona time
January 26th 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.

How To Stress Less And Live More With Mindfulness

Stress is something many of us share. There are a myriad of ways to manage it, but it's different from person to person. In this session, you will be introduced to the increased awareness and benefits of mindfulness. You will build your understanding of the importance the mind plays in the body, and get acquainted with the live classroom format.

In How To Stress Less And Live More, 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!

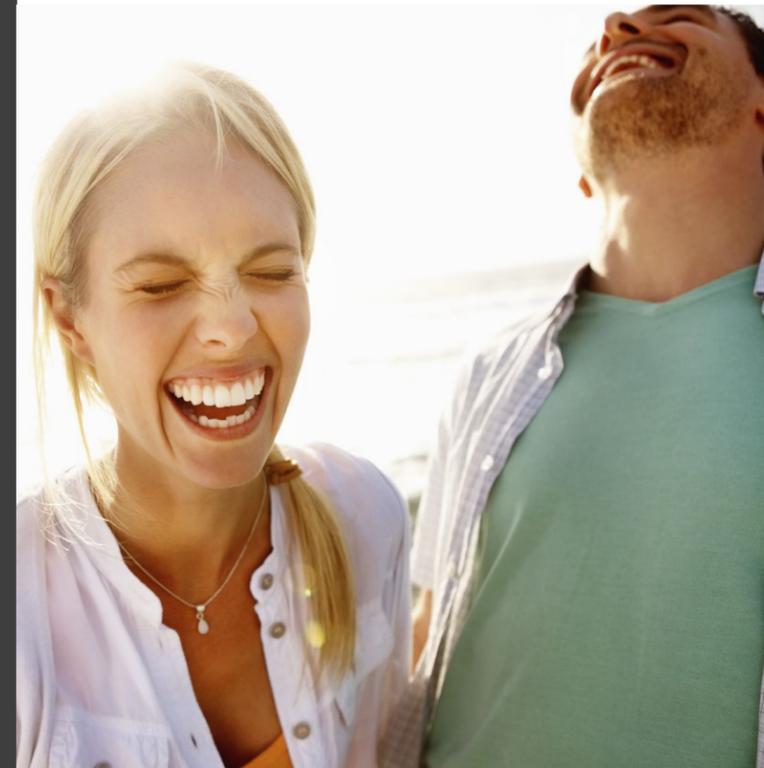
January Session: **How To Stress Less And Live More With Mindfulness**

Date and Time:

January 12th 11:00 am Arizona time
January 28th 12:00 pm Arizona time

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COMING IN FEBRUARY

Stress Less, Live More™

Feeling "Stressed Out"? Learn How To Stop The Stress Cycle

Save the February Session Dates:
February 9th 12:00 pm Arizona time
February 24th 2:00 pm Arizona time

Weight Balance for Life

Listening To The Signals From Our Body: Tuning Into Hunger & Fullness

Save the February Session Dates:
February 18th 1:00 pm Arizona time
February 23rd 12:00 pm Arizona time



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