

How To Get Out Of The Stress & Eating Cycle

A normal trait seen among many people is the way we eat when we are stressed. It's easy to turn to a cheeseburger to calm our nerves, but in the end that can cause us more stress. In this session, we will understand the importance of mindfulness in weight management. We'll learn to notice our body's responses to stress, and understand how to manage them mindfully.

In How To Get Out Of The Stress & Eating Cycle, you will begin to:

- Have a basic understanding of the role of mindfulness in weight management
- Understand and notice the body's response to stress
- Increase awareness of typical food choices when highly stressed

REGISTRATION INFORMATION

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

March Session: **How To Get Out Of The Stress & Eating Cycle**

Dates and Times – Choose One:

March 11th 12:00 pm Arizona time

March 29th 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.

Less Stressful Living With A Mindfulness Attitude

Life is a different experience for everyone, and our reactions to it have a large impact on how things play out. What if you could manage your reactions to stress in your life with mindfulness? In this session, we will learn different mindfulness practices, and how to incorporate them when you need them most.

In Less Stressful Living, you will begin to:

- Have a basic understanding of mindfulness
- Understand different mindfulness practices
- Gain an understanding of how to integrate mindfulness into daily life

REGISTRATION INFORMATION

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

March Session: **Less Stressful Living With A Mindfulness Attitude**

Dates and Times– Choose One:

March 10th 12:00 pm Arizona time

March 22nd 12:00 pm Arizona time

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COMING IN APRIL

Stress Less, Live More™

Your Body as a Stress Storehouse:
How to Change It with Mindfulness

Save the April Session Dates:

April 14th 11:00 am Arizona time

April 27th 12:00 pm Arizona time

Weight Balance for Life

Decreasing Dependence on Food for
Pleasure

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