

Holiday Eating 2- Mindfulness Skills to Help Beat Holiday Eating Stress

During the holidays, it's common to indulge in more social eating and special holiday foods and traditions. It's also common to experience more stress that comes with balancing work and social holiday commitments, which can lead to less time for exercise. While these things pose a challenge to weight loss, there are many strategies to support managing stress, balanced eating and maintaining mindfulness and other healthy habits

during the holiday season.

In Holiday Eating, you will begin to:

- Carry out your mindful holiday weight plans
- Relate patterns of social or holiday eating to weight management efforts
- Learn mindfulness strategies that are specifically related to holiday challenges to weight loss

More Happiness With Mindfulness in Daily Living

It's important to remember that maintaining balance in life is best supported by a regular mindfulness practice. An easy way to keep this in mind is by cultivating positive intentions about maintaining a mindfulness practice. In this session, we will recognize this is more the end of the beginning, rather than the beginning of the end.

In More Happiness With Mindfulness in Daily Living, 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 **Weight Balance For Life™** online session. Registration is easy!

December Session: **Holiday Eating 2**

Dates and Times – Choose One:

December 13th 11:00 am Arizona time
December 19th 1:00 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 support@emindful.com with any questions.



REGISTRATION INFORMATION

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

December Session: **More Happiness With Mindfulness in Daily Living**

Date and Time:

December 12th 1:00 pm Arizona time
December 20th 11:00 am Arizona Time

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Please contact Tech Support at **1-855-211-1536** or support@emindful.com with any questions.

COMING IN JANUARY

Stress Less, Live More™

How to Stress Less and Live More With Mindfulness

Save the January Session Dates:
January 16th 11:00 am Arizona time
January 25th 1:00 pm Arizona time

Weight Balance for Life

Mindful Strategies for Working with Foods that Are a Problem for Us

Save the January Session Dates:
January 18th 12:00 pm Arizona time
January 30th 11:00 am Arizona time



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