

Exploring What Gets in the Way of Losing Weight

Are you having trouble losing weight but can't figure out the problem? There are many obstacles to weight loss, and many people have difficulty getting over them. In this session, you will identify these obstacles and develop a mindfulness strategy to support them.

In Exploring What Gets in the Way, you will begin to:

- Identify obstacles to weight loss that can be addressed using mindfulness
- Understand mindfulness' role in weight loss
- Integrate mindfulness strategies into everyday life



REGISTRATION INFORMATION

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

October Session: **Exploring What Gets in the Way of Losing Weight**

Dates and Times – Choose One:

October 19th 12:00 pm Arizona time

October 31st 11:00 am 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.

COMING IN NOVEMBER

Stress Less, Live More™

Capturing Your Secrets to Success by Creating a Personal Mindful Way to Reduce Stress Action Plan

Save the November Session Dates:

November 14th 11:00 am Arizona time

November 30th 12:00 pm Arizona time

Weight Balance for Life

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

Save the November Session Dates:

November 16th 12:00 pm Arizona time

November 29th 11:00 am Arizona time



ARIZONA
DEPARTMENT OF ADMINISTRATION
BENEFITS