



WEIGHT BALANCE FOR LIFE

Decreasing Dependence on Food for Pleasure



REGISTRATION INFORMATION

Dates and Times – Choose One:

April 17th 1:00 pm Arizona time

April 24th 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.

There are many reasons we love to eat. Not only is it necessary, it can bring a sense of being connected when you dine with others, and it also can taste great. The pleasurable aspects of food are often intertwined and can touch on our needs for play and self-fulfillment. But are you enjoying food or depending on it? In this session, we will learn how mindfulness affects weight loss and how it can increase our enjoyment of food.

COMING IN MAY

STRESS LESS, LIVE MORE
Overcoming Common Challenges To
Practicing Mindfulness

WEIGHT BALANCE FOR LIFE
Identifying, Exploring, And Challenging
Thought Patterns That Lead To Weight Gain

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