

Using Self-Kindness and Compassion to Support Weight Loss

Do you ever feel like your weight loss progress isn't good enough? Chances are, you're not the only one thinking that. Often times we are our own worst critics. In this session, we will incorporate compassion and self-kindness to help make our weight loss journey the most successful it can be.

In Using Self-Kindness and Compassion to Support Weight Loss, you will begin to:

- Better manage your weight
- Introduce self-kindness and compassion into your everyday practice
- Appreciate yourself for all you are worth



REGISTRATION INFORMATION

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

August Session: **Using Self-Kindness and Compassion to Support Weight Loss**

Dates and Times – Choose One:

August 11th 12:00 pm Arizona time

August 24th 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 techsupport@emindful.com with any questions.

COMING IN SEPTEMBER

Stress Less, Live More™

Building Emotional Literacy to Transform Stressful Situations into Powerful Opportunities for Change

Save the September Session Dates:

September 20th 11:00 am Arizona time

September 29th 12:00 pm Arizona time

Weight Balance for Life

Understanding those Urges to Eat and Learning How to Work with Them

Save the September Session Dates:

September 22nd 12:00 pm Arizona time

September 27th 11:00 am Arizona time

