

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

Many people have weaknesses, and for some, it's food. When you're trying to manage your weight, these food weaknesses can cause a problem. In this session, you will learn about the holistic and comprehensive approach of using mindfulness to lose and manage weight long-term.

In Mindful Strategies, you will begin to:

- Understand the universal benefits of mindfulness
- Recognize your food weaknesses
- Understand how mindfulness plays a role in weight loss



REGISTRATION INFORMATION

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

January Session: **Mindful Strategies for Working with Foods that Are a Problem for Us**

Dates and Times – Choose One:
January 18th 12:00 pm Arizona time
January 30th 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 FEBRUARY

Stress Less, Live More™

Feeling "Stressed Out"? Learn How To Stop The Stress Cycle

Save the February Session Dates:
February 20th 11:00 am Arizona time
February 28th 12:00 pm Arizona time

Weight Balance for Life

Tuning Into Hunger & Fullness

Save the February Session Dates:
February 21st 1:00 pm Arizona time
February 27th 11:00 am Arizona time

