

Less Stressful Living with a Mindfulness Attitude

How can a mindfulness attitude help us live happily and with less stress? Mindfulness is bringing one's complete attention to their present experience on a moment-to-moment basis. This practice allows us to recognize our inner thoughts and make wiser choices. In this online session, you'll discover how to practice these attitudes, including non-judging, patience, self-trust and more.

In Less Stressful Living with a Mindfulness Attitude, you will begin to:

- Understand the core pillars of mindfulness attitudes
- Experience meditation
- Recognize behaviors that can jeopardize health and happiness
- Learn how and where to integrate mindfulness into your day

REGISTRATION INFORMATION

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

March Session: **Less Stressful Living with a Mindfulness Attitude**

Dates and Times – Choose One:

March 9th at 12:00 pm Arizona time
March 18th at 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 techsupport@emindful.com with any questions.

Learning About Stress and Eating: How to Get Out of the Stress and Eating Cycle

Do you ever find yourself wanting to eat when you feel stressed? Do you associate food with comfort? Conventional approaches to weight loss include exercise and diet management. Yet research consistently shows people who are capable of losing weight don't keep it off because eating has become a way of habitually coping with stress. Join eMindful for this one-hour online class and learn how

mindfulness can help you stop the stress and eating cycle.

In Learning About Stress and Eating, you will begin to:

- Experience food in a whole new way
- Recognize emotional triggers that can cause us to eat more
- Learn how to incorporate mindfulness practices anytime, anywhere

REGISTRATION INFORMATION

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

March Session: **Learning About Stress and Eating**

Dates and Times – Choose One:

March 13th at 11:00 am Arizona time
March 23rd at 12:00 pm Arizona time

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Earn 50 points toward completion of the Health Impact Program for each completed eMindful session; up to 100 points per HIP year

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COMING IN APRIL

Stress Less, Live More™

Learning How to Get Out of the Stress + Eating Cycle

Save the April Session Dates:

April 16th 11:00 am Arizona time
April 23rd 12:00 pm Arizona time

Weight Balance for Life

Your Body as a Stress Storehouse: How to Change It with Mindfulness

Save the April Session Dates:

April 7th 12:00 pm Arizona time
April 21st 11:00 am Arizona time



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