



MINDFUL EATING

Holiday Eating



Registration Information

Date and Time:

November 15th 12:00pm EDT

November 26th 2:00pm EDT

Enrollment is Limited.

Sessions fill up quickly. Register now in your company eMindful portal.

The holidays are a wonderful time of year, but can present a number of challenges that we do not face in to the same frequency and degree at other times of year. For many people it is several weeks and even months of tempting food and alcohol meal after meal. At the same time our willpower and strategies for resisting these foods often diminish.

Coming in December:

Resilience

Mindfulness Skills To Help Beat Holiday Eating
Stress - Session 2

Please contact support at:

support@emindful.com

or call us at: **1-855-211-1536**

with any questions.