



MINDFUL EATING

# Social Eating & Holiday Weight Loss



## REGISTRATION INFORMATION

*Date and Time:*

October 10th 1:00 pm EST

October 29th 12:00 pm EST

ENROLLMENT IS LIMITED. Sessions fill up quickly. Register now in your company **eM Life portal**.

The focus of this program is to learn and explore strategies and skills based on the principles of “mindfulness” for losing weight, maintaining weight loss, and decreasing metabolic health problems. For many of us, restaurant eating and social eating is a barrier to losing or maintaining weight loss. While restaurant and social eating can pose a challenge to weight loss, there are numerous mindfulness and behavioral strategies that can support a balanced amount of eating out, and ways of eating out that support weight loss.

**COMING IN OCTOBER**  
**Mindful Eating**

Holiday Eating Session 1

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