

MAY
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Emotional Eating

How many times do you eat simply because you are bored or need comfort, not because you are hungry? Excessive stress, not sleeping well, and needing emotional comfort lead many of us to the refrigerator and leave us with unwanted weight gain, health issues and lowered self-esteem. Learn to identify when you are eating emotionally and what your triggers may be.

HELPNET WEBINAR AVAILABLE ON DEMAND STARTING MAY 1

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