

Mindful Eating for Diabetes

\$50!

for 6 online classes

ASU RESEARCH STUDY

You will have the option to participate in a research study (consisting of online surveys) when you register for these classes. We will be conducting a research study with Arizona State University to evaluate the effectiveness of these classes. You are NOT required to participate, your information will be anonymous and will only be reported as part of group results, not as an individual.

PROGRAM COST DISCOUNT

The Mindful Eating for Diabetes classes cost \$179. However, if you elect to participate in the research study, you will receive a refund of \$129 after completing the second survey at the end of the classes. This will result in the program only costing you \$50. It's our way of thanking you for assisting with our study.



Puts you in charge of your eating decisions to stop restrictive dieting while curbing mindless and emotional eating for optimal blood sugar management.

Self-paced online classes | Weekly inspirational email Q&A forum | Member portal | Mobile app

REGISTER TODAY

amihungry.com/stateofarizona/diabetes



wellness.az.gov
wellness@azdoa.gov
602.771.9355

EARN 150 HIP POINTS

ASU Study Participants: earned after 6 sessions + 2 surveys completed.
Regular Participants: earned after 6 sessions + quiz completed.