



EMOTIONAL EATING: THE CONNECTION BETWEEN MOOD & FOOD

TUE, SEP 17

11:30 AM-12:30 PM

REGISTRATION

WELLNESS.AZ.GOV

>CLASSES TAB

This workshop will address the relationship between emotions and food consumption, how to retrain your body and mind to recognize the cues of hunger, and to eat for physiological reasons, not emotional reasons.



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Earn 25 HIP Points!