

Carebridge Webinar

Letting Your Emotions Interfere with Eating



How many times do you eat simply because you are bored or need comfort? We often tend to not even notice why we are eating. Many times, it is not because we are hungry, but rather our emotions are coming into play. Excessive stress, not sleeping well, anxiety, and needing emotional comfort lead many of us to the refrigerator or to the snack pantry resulting in unwanted weight gain, health issues, and lowered self-esteem. Learn how to identify when you are eating emotionally and what your triggers may be. Learn how not to use food to fulfill an emotional void in this engaging, introspective seminar.

Date: Tuesday, March 16, 2021

Time: 12:00pm—1:00pm EST

Click to Register: https://carebridge.zoom.us/webinar/register/WN_irEXhmtCRQ26WFOIYv5m0w

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