



# Emotional Eating -

What are you hungry for?

This workshop will help participants identify emotional vs. physiological hunger, learn why food 'works' as a temporary fix, and discuss strategies to help overcome emotional eating.

**Wednesday, Feb. 25**  
12:15 - 12:55 p.m.

**Register by Tuesday, Feb. 24**  
Sindecuse Health Center Rm. 3131

**Contact**  
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Scan to register

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