

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
Sindencuse Health Center Rm. 3131

Contact
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Scan to register

Western Wellness
Empowering Employees

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