Overcoming Emotional Eating
4 part series

UA Life & Work Connections is excited to initiate a new series, geared for any UA employee who wants to make healthier food choices and manage emotions effectively.

This series will introduce mindfulness and environmental strategies to develop a healthy relationship with food. We will teach hands-on skills you can use to develop an individualized plan that really works!

The class will be co-taught by Susan Pickering (who has a Master’s degree in Educational Psychology, and has practiced as a licensed professional counselor for 16 years), along with her registered dietitian nutritionist teammates at UA Life & Work Connections.

Please email Susan at pickerings@email.arizona.edu if you are interested in attending.

Dates, Times, and Location

Bio 5 Keating Building, Room 105:
Oct. 19, Oct. 26, Nov. 2, Nov. 9, 12:30 - 1:30 p.m.

Student Union, Santa Cruz Room:
Oct. 21, Oct. 28, Nov. 4, Nov. 24, 1:00 - 2:00 p.m.