



Mindful Eating Webinar

Make peace with food through mindful eating tips and tricks with Learn to Live.

As the holiday season approaches, we understand how challenging it can be to make healthy food choices during this stressful and busy time. Our end-of-year webinar explores the relationship between stress and food, and how you can take helpful action when you feel overwhelmed. Starting on December 9th, we are offering FREE 30-minute webinars for employees and family members (ages 13+) who are on MHC's health plan. Come to the **Mindful Eating** webinar presented live by Dr. Russ, Learn to Live's Chief Psychology Officer and Co-Founder. Available times and registration can be found at learntolive.com/webinars and enter the code **MHC**

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