



# Getting control of emotional eating



Join the live webinar on January 10, 2024 at 1:00 p.m. CT to learn about triggers for “emotional eating” and how to redirect them. Scan the QR code to register now.

In this webinar, you will learn how to:

- Describe common causes and triggers behind emotional eating
- Identify strategies to gain control of emotional eating
- Apply these strategies to improve health and wellbeing

Visit your member website for more information.