

EMPLOYEE ASSISTANCE PROGRAM

GETTING CONTROL OF EMOTIONAL EATING



**Wednesday,
January 10
11:00 a.m.**

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

The webinar will be recorded and posted on your Employee Assistance Program website, eap.calhr.ca.gov.