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**.



1-866-EAP-4SOC (1-866-327-4762)
TTY USERS SHOULD CALL: 711
eap.calhr.ca.gov
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