

GEHA



Join us for our Mindful Eating webinar

Are you a mindful or mindless eater? Join us to learn tips and tricks to help you become more aware of how your environment influences your eating habits. This webinar is not about what to eat — it's about how to eat.

Coletta Meyer, GEHA's Manager of Health & Wellness, and Thu Huynh, from Giant Food's healthy living team, will share many helpful resources to support you in being more successful with good food choices and to be more mindful about when and where you eat.

Join us from your computer at 12 p.m. Eastern time on Monday, July 11, 2022. If you are unable to attend at this time, registrants will still receive a copy of the presentation afterward.

Please register to secure your spot.

Register now

Feel free to forward this invitation to your colleagues. If you plan on participating from work, please use your work email address when registering. You'll receive an email confirmation of your reservation, as well as instructions for viewing and listening to the webinar via computer or mobile device.

Technical assistance: Email On24 at audience.support@on24.com

Thank you,

GEHA Account Management Department

Please note: Everyone who registers will receive an email with a link to the recorded webinar along with a copy of the slides. Other questions: Email wellnesswebinars@geha.com.

Registration link: <https://event.on24.com/wcc/r/3637481/36D06BC4A215EDBF0211DEFF869C18F5?partnerref=NCSSMA>