



Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



ShineHHS.ca

Emotional Eating: Is Your Body Controlling You, Or Are You Controlling Your Body?



Register in
Advance

Do you struggle with emotional eating? Want to learn tips and tricks to be more mindful about your food intake, to avoid the weekend binge?

We are, in fact, ALL emotional eaters to some degree, but the definition has been skewed and the version you know might be hurting your health.

In this lunch and learn you will learn:

- Our Emotions and Conscious Control - the elephant and the rider scenario
- A Closer Look at "Emotional Eating"
- Factors Associated with the Emotional Side of Eating
- How to Beat Binging (hint - stress management / emotional awareness is KEY)

Mark Your Calendar!

Mon Feb 4	JHCC	12:15 PM – 12:45 PM JH-4 Auditorium
Tues Feb 5	HGH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Marg Charters
Wed Feb 6	PHRI	12:00-12:30PM Auditorium
Thurs Feb 7	SPH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM North Conference Room
Fri Feb 8	MUMC	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM MUMC 3E26
Mon Feb 11	KW	12:15 PM – 12:45 PM Room 22-009
Tues Feb 12	WLMH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Conf Room A& B

**REGISTER
TODAY!**

Register to
attend :
shinehhs.ca

Questions?
cummingsme@hhs.ca

EVENT BROUGHT TO YOU BY

Adam Lloyd
Lifestyle and Performance
Specialist

ALP Training Institute Inc.
289-246-9000
Adam@alptraininginstitute.com
www.alptraininginstitute.com



Adam Lloyd believes in helping people live a more active lifestyle and improve their performance, whatever 'performance' means to them, so they can live a more fulfilled life with less stress and more success! This passion for helping people has grown over his 14 year career in the fitness industry and recently He decided to open his high performance gym, the ALP Training Institute, in Hamilton, Ontario and hasn't looked back since. Adam has worked with thousands of clients in his career, ranging from youth to pro athletes, sport teams, entrepreneurs, teachers, busy company Owners and Executives, A-list celebrities, MMA fighters, retired executives and everything in between. His area of specialty will always be working with elite athletes and busy professionals on their health and performance through strength training, nutrition coaching and mentoring / advising.



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**

ShineHHS.ca