



# Demystifying Common Diets and Weight Loss Gimmicks

In this webinar, Jenna Matthews provides tips on avoiding emotional eating and mindless snacking and explains what it means to eat mindfully.

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Tuesday, January 30

12:30 p.m. - 1:30 p.m.

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Space is limited.

### Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

