



# Stress and Emotional Eating

Join Brooke Seiz, functional nutrition practitioner, for a class on Stress & Emotional eating. Stress eating is common with 27% of adults sharing they turn to food to deal with stress, and 34% of adults admitting that stress eating is a habit. In this class, you'll learn what stress eating is, and some of the physiology at play when this behavior is present. You'll glean some tips and tricks to help curb stress eating, and become a more mindful eater.