



Excelling at Work & Life

Presented by TriHealth EAP®

Slow Down, Savor More: Mastering Mindful Eating Webinar

Wednesday, November 5, 10:00 – 10:30 a.m.
Thursday, November 13, 12:00 – 12:30 p.m.

The holidays are a wonderful time to come together and celebrate with family and friends! However, it's also common to indulge a bit too much during this time. In this session, we'll explore how practicing mindfulness can help us maintain positive eating habits while still enjoying the delicious treats this time of year has to offer.

To register, call 513 977 2165,
scan the QR code, email
TriHealthEAP-CST@TriHealth.com
or [register online](#).



**Judith A Gissy, LPCC,
LICD, NCACII, SAP**
TriHealth EAP, Specialty
Treatment Coordinator

Judith Gissy is a master's-level licensed Professional Clinical Counselor and a Licensed Independent Chemical Dependency Counselor. She has worked as an Addictions Counselor for the past 40 years, where she has also worked with a broad array of mental health and emotional wellness issues. She currently works as a Treatment Coordinator and Trainer with TriHealth EAP, where she conducts individual counseling sessions, employment-related assessments, and training on a variety of subjects.

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