

Healthy Holidays Series

Holidays are a time for family, friends, food, and fun! Join our Summerfield dietitians in our four-part class series that highlights strategies and tips for feeling your best going into the Holiday season.

Wed, Oct 30 at 12pm ET

The Tricks to Treating

From jack o'lanterns to pumpkin spice, Halloween is often all about the sweets! In this class, we explore the world of sugar and offer advice on creating a healthier Halloween celebration, whether trick-or-treating with family, going out for a party, or enjoying a night in.

Wed, Nov 13 at 12pm ET

Reimagined Recipes

Decadent recipes may adorn our tables during the holiday season and this class highlights the many ways you can subtly infuse more nutrients into your traditional holiday dishes. Explore simple, yet delicious substitutions that will reinspire some of your favorite recipes.

Wed, Dec 4 at 12pm ET

Eat, Drink, and Be Merry

Holidays are a time for festivities! Learn practical strategies for enjoying the decadent desserts and celebratory beverages without interfering with your health goals. Navigate the holiday season with confidence and mindfulness, finding joy in both the festivities and your well-being.

Wed, Dec 18 at 12pm ET

Gift Yourself with Activity *with live workout*

One of the greatest gifts to give yourself this holiday season could be the gift of movement! Join us to discuss the barriers and solutions to movement during the holiday season as well as learn about the benefits of fitting in joyful movement! We'll follow it with a live workout to put what we learned into practice. (Appropriate for all activity levels.)

REGISTRATION LINK

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