

Perseverance Classes

WINTER 2025
SCHEDULE

Classes are held bi-weekly on Wednesdays at 12:00 pm ET | 9 am PT on Zoom

NURTURING YOUR RELATIONSHIP WITH FOOD

Wednesday, January 8

Many internal and external factors influence how we perceive foods and how those perceptions impact our behaviors. Develop simple strategies to help you repair negative feelings about your diet and build a long-term, healthy relationship with food.

FUELING YOUR LIFESTYLE WITH QUICK AND EASY MEALS

Wednesday, January 22

You need energy to get through the demands of a busy day! Discover the perfect balance of carbohydrates, proteins, fats, vitamins, and minerals to fuel your body day in and day out. We'll provide practical and speedy meal ideas and dining options that provide sustainable energy throughout the day.

HEART HEALTH

Wednesday, February 5

Did you know that over fifty percent of Americans have at least one risk factor for cardiovascular disease? In this session, we'll discuss how blood pressure and cholesterol levels are linked to heart health, as well as the factors that increase the risk of developing heart disease. You'll also gain valuable nutrition and lifestyle tips to help ensure a long and healthy life with a happy heart.

INFLAMMATION AND FOODS THAT IMPACT IT

Wednesday, February 19

Inflammation is our body's protective response, but when is it harmful, and when is it helpful? This class covers how food affects inflammation and the effect it may have on your health. Join us to learn how to fill your plate with foods that fight inflammation and reduce those that feed it!

SLEEP, STRESS, AND SELF-CARE

Wednesday, March 5

People often think of sleep, stress management, and self-care as luxuries, but these are all essential components to a healthy, balanced lifestyle. Join us to explore why these aspects of wellness are so crucial to your overall health as we provide accessible, actionable, and affordable tips that you can use at home to feel your absolute best.

THE RAINBOW ROAD TO OPTIMAL HEALTH

Wednesday, March 19

The scientific verdict is indisputable: the healthiest diets are not strictly white and brown. Including colorful produce is the key to fueling every process in our body. Discover the rainbow-colored nutrient powerhouses, their impact on boosting metabolism, and ways to infuse more into your daily diet.

What is Perseverance?

Perseverance is a series of interactive, online classes intended to help participants make informed, sustainable decisions about their nutrition, health, and lifestyle. This program is delivered by the Registered Dietitians of Summerfield Custom Wellness.

Classes are offered twice per month; every other Wednesday at 12 pm ET.

What is the cost?

These sessions are billed to insurance.

If you are an active Summerfield patient (currently working with a Summerfield Registered Dietitian) with limited yearly nutrition visits, your participation in group classes will not count against your visit limit. That way, you can maximize your one-on-one visits with your dietitian.

How do I register?

Follow the QR code below to register.
<https://summerfieldcustomwellness.com/perseverance/>

