

EMPOWERED TO THRIVE

Nutrition, Movement, and More

This summer's series will inspire you and empower you with practical skills to become the healthiest version of yourself! Build your confidence to achieve your wellness goals; from interpreting nutrition labels, making informed dining decisions, establishing actionable goals, and fueling for fitness and optimal energy. Whether you're looking to improve your overall health or build long-term habits, this series offers tools and knowledge to support your journey.

Tuesday, Aug 5th at 12pm

NAVIGATING NUTRITION LABELS

Did you know that a “fat-free” product may contain fat, but a “gluten-free” product contains absolutely zero gluten? There's a lot of information packed into a nutrition label. Learn how to decode each section of the nutrition label, how to identify deceptive health claims, and put it all together to decide which foods are the best fit for you!

Tuesday, Aug 12th at 12pm

DINING OUT WITH CONFIDENCE

Meals outside the home are a big part of life for many people. Some assume you can't eat healthy if you travel often or if you prefer to let someone else do the cooking. Discover common concerns that arise when dining out and find easy solutions for selecting a menu item that fits your health goals while still being enjoyable.

Tuesday, Aug 19th at 12pm

FUELING FOR PHYSICAL FITNESS

Whether you enjoy walking, biking, hitting the gym, or doing yoga in your living room, what you eat and drink matters! This class is for people who want to feel their best before, during, and after being active. We'll break down simple, practical strategies to fuel your body with the right foods and fluids to support energy, performance, and recovery.

Tuesday, Aug 26th at 12pm

SUSTAINABLE GOAL SETTING & ACTION PLANNING

Whether you're seeking inspiration or already have a big goal in mind, this workshop-style class will help you define your vision of health and success and then develop an action plan to reach it. Join us to learn how to prioritize your goals and create a sustainable plan for achieving them.

REGISTRATION LINK

Nutrition services are available at no cost through IQVIA's Aetna plan. Employees and their dependents are eligible for 26 visits/year covered 100%! Summerfield accepts Aetna, BCBS, Cigna, UHC, UMR, and out-of-pocket.
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