

Healthy Holidays Series

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

Wed, Nov 12
12pm ET

Reimagined Recipes

- Give your holiday classics a healthy refresh
- Learn simple swaps and creative add-ins to boost nutrition
- Gather cooking hacks, tips to reduce food waste, and ideas for enjoying leftovers
- Celebrate this holiday season with confidence

Wed, Dec 3
12pm ET

Parties with a Plan

- Learn strategies to enjoy potlucks, desserts, and drinks without the stress
- Pick up tips to breeze past common party pain points, enjoy every bite, and bounce back feeling your best the next day
- Leave equipped with a personalized party plan to fully celebrate while honoring your health

Wed, Dec 17
12pm ET

Gift Yourself with Activity *with a live workout*

- Explore ways to overcome common barriers to staying active
- Learn about the benefits of joyful movement
- Enjoy a live, all-levels workout for the second half of class
- Celebrate the season with movement you enjoy

Nutrition services are available at no cost through IQVIA's Aetna plan!

Employees and their dependents are eligible for 26 visits/year covered 100% with no out of pocket cost!



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