



Healthful Holiday Eating Workshop

Led by Nicole Brown, MS, RDN, LD, ACSM EP-C

Saturday, November 16th
11:00 am- 11:30 am



On the Menu:

- ❖ Family traditions
- ❖ Travel challenges
- ❖ Managing the bubbly
- ❖ Recipe rescue vs. eating (less of?) what you love
 - ❖ Mindful eating activity: tasting (optional)

**Happy
Festivus**

Please register by November 13th with our front desk staff

Cost: Included as part of packages, or \$35 for others. We welcome friends or family members to join in on the fun! Cost is \$20 per additional guest.

Please feel free to contact Nicole at brown@nationalweight.org prior to the workshop, to share your holiday challenges or to send a favorite recipe to “rescue!”