

PLEASE JOIN US FOR

HEALTH FOR THE HOLIDAYS

WINTER BLUES & MOOD BOOSTERS

NOV. 12TH 12:30-12:50 PM

Shorter days and colder weather can affect mood and motivation. This session explores the science behind seasonal mood changes and shares evidence-based tips to boost energy, uplift mood, and stay mentally well all winter long!



FINANCIAL FORECAST: PLANNING FOR THE NEW YEAR

DEC 3RD 12:30-12:50 PM

Set yourself up for a financially empowered year ahead. In this session, participants will learn strategies for budgeting, saving and setting realistic financial goals for the new year, reducing stress, and promoting peace of mind!



PORTION CONTROL & HOLIDAY PLATES

NOV. 19TH 12:30-12:50 PM

Learn smart portioning tips for holiday feasting! This fun & informative session will teach you how to build a balanced plate, navigate buffets, and enjoy seasonal treats without the guilt!



SLEIGH THE STRESS: MINDFUL MOVEMENT & STRETCH

DEC. 10TH 12:30-12:50 PM

Melt away holiday stress with gentle movement, breathwork, and full-body stretching. A great midday reset!



PRESENTED BY CIGNA HEALTHCARE & FX WELL