HOW TO AVOID THE HOLIDAY 10

Enjoy the Holidays Without the Extra Pounds or Stress

2-WEEK WORKSHOP: LED BY NATALIA GARCIA, RDN, LDN

IN THIS WORKSHOP, YOU WILL LEARN:

- Enjoy holiday favorites while building a smarter plate
- Navigate desserts, buffets, parties, and second helpings
- Spot hidden calories in holiday foods and drinks
- Recognize fullness, emotional eating, and clean-plate habits
- Handle food pushers and extra helpings without guilt
- Make simple recipe swaps without sacrificing flavor
- Stay active and maintain healthy routines during busy weeks
- Use the 80/20 approach without all-or-nothing thinking
- Get back on track after indulgences—no waiting until January

BOCC Employees: This YourChoice workshop can earn points in **Manatee Thrives/ Physical** wellbeing pillar

DATES
Nov. 2nd AND Nov. 9th

TIME
12-1:00pm

ZOOM

SCAN ME



YourChoice
MANATEE HEALTH PLAN