



WELLNESS CONNECTION

# A Healthy Approach to Holiday Eating

Wednesday, December 15, 2021

**Speakers:** Lisa Burnett, RD, LD

**Location:** Lerner, NA5-08

**Time:** 12:00pm-12:30pm

**Objectives:**

1. Review holiday weight-gain trends.
2. Learn tips for healthy holiday eating.
3. Explore the importance of proper portion size.

*To watch live, please visit: <http://www.ccemployeeewellness.com/wellness-connection-1>  
All caregivers are welcome to attend this presentation.*