

# EASE THROUGH THE HOLIDAY SEASON WITH GOOD HEALTH, WELLBEING AND HAPPINESS

Please join our Registered Dietitian Nutritionist, GERALYN HYLAND, for a special four week Zoom series to help you stay healthy in body, mind and spirit through the holiday season this year!

These meetings will be patient centered and facilitated by our Registered Dietitian Nutritionist

## Some topics to be covered, not limited to, include:

- Coming back from Covid: Reset your intentions for the Fall season into the New Year with healthy eating and weight management skills
- Reset your health and wellness goals
- Navigate holiday foods and celebrate healthfully
- Learn relaxation techniques
- Manage your chronic illnesses with good nutrition
- Handle food cravings
- *~we welcome your ideas for other topics not mentioned~*



If interested please contact us by emailing our zoom coordinator, danyelle at: [Pophealthliason@rmadoctors.com](mailto:Pophealthliason@rmadoctors.com)