

# **Holiday Health**

## ***Practical Tips for Maintaining Your Health This Season***

(Taught by Registered Dietitian and Wellcoach<sup>®</sup>, Wendy Vigdor-Hess)

### **Students will:**

- **SAMPLE** tasty, healthy, low-fat, gluten-free, dairy-free and cholesterol-free recipes made with healthy alternative sweeteners for sweet and savory holiday treats. **SAMPLE** goodies including **Paté, EggNog, Stuffing and Squash Apple Cobbler.**
- Learn ways to attend a party without feeling like you will “roll out the door.”
- **Receive practical tips for limiting and/or avoiding workplace sweets while still having treats you can enjoy eating.**
- Learn how to stay committed to weight and health goals during the holiday season.
- **Develop a list of healthy AND tasty foods to choose from during parties, gatherings and holiday meals.**
- Learn how to accommodate guests with special dietary issues such as food allergies, high cholesterol, diabetes, and religious preferences while still creating delicious, satisfying menus.
- **Receive recipes to make to share with family and friends this holiday season.**

To register for this class, please [click here](#). To contact Wendy for more information about upcoming classes or to schedule this class at a time that works for your unique schedule, please contact her via phone 434.996.6768 or email at [wendy@vigdorhess.com](mailto:wendy@vigdorhess.com). To return to Wendy's website, please [click here](#).