



Healthy Through the Holidays: Exercise, Nutrition, and Stress Resilience



➤ 3 Week Wellness Course ≡

Join us to learn tips and tricks for prioritizing your wellness while still enjoying the holidays



Week 1: Focus on Nutrition

Thursday, October 29th, from 12-1 pm

Led by Registered Dietitian,
Kelsey Coulter

Week 2: Focus on Exercise

Thursday, November 5th, from 12-1 pm

Led by Health Coach, Kanan Mahendru



Week 3: Focus on Stress Management

Thursday, November 12th, from 12-1 pm

Led by Behavioral Health Therapist,
Alana Yanagida



All sessions will be held virtually!



Registration is Required



Presented by
Inova Saville Cancer Screening
and Prevention Center

