

# Preventing Holiday Weight Gain

Online Workshop



## Take control this holiday season!

Give yourself the support you need to continue to make healthy choices throughout this holiday season. Join by webinar for an interactive discussion and workshop that covers strategies to:

- Prevent overeating for a guilt-free holiday season
- Minimize stress and maximize time spent doing what you enjoy

## Choose from one of the following workshops:

- Monday, November 21, 1 – 3 p.m.
- Tuesday, December 6, 6 – 8 p.m.
- Monday, December 12, 1 – 3 p.m.
- Tuesday, December 20, 6 – 8 p.m.

## To register, call 415-491-6550

- For Kaiser Permanente members only. No fee.
- To participate, you will need an email address, computer or smart phone, and internet access