

# Savor the season: Smart eating for festive times

2025 Understanding Your Wellbeing Webinar Series



The holidays are often a time for celebration—which usually leads to lots of delicious food options, busy schedules, and a little extra stress. If you’ve ever felt overwhelmed or guilty about food choices during the holidays, you’re not alone.

At Univera Healthcare, we care about the health and wellbeing of our members. As part of our 2025 Wellbeing Webinar Series, we invite you to join **“Savor the Season: Smart Eating for Festive Times”**, a 45-minute webinar hosted by **Lindsey LaDue, RD, CDN**.

Whether you struggle during the holidays or just want to stay grounded in your health and wellbeing goals, this webinar will explore:

- How to navigate holiday gatherings with less stress
- Mindful and intuitive eating strategies
- Simple planning tips to help you set yourself up for success
- Eating well while traveling or on the go
- Other ways to support your overall wellbeing
- Additional benefits and resources offered by Univera Healthcare\*



We are **[right here. For you.]**

We hope you can join us to learn more about ways to support your wellbeing.

Webinar date: **Tuesday, December 16**

Webinar time: **Noon – 12:45 p.m.**



To register for the upcoming webinar, please scan the QR code or click [here](#)



**Right here. For you.**