

Holiday Harmony

4-Week November Program



Navigate the holiday season with more energy, less stress, and habits that last beyond the celebrations. Through expert-led educational webinars and interactive cooking demonstrations, participants will learn practical strategies to manage stress, support immunity, nourish their bodies, and create meaningful routines that promote wellbeing throughout one of the busiest times of the year.

Program Format (60 minutes each week)

- 30-minute webinar – practical strategies for managing stress, boosting energy, and maintaining balance throughout the holiday season
- 30-minute cooking demonstration – simple, nourishing recipes designed to support wellbeing and make healthy holiday eating enjoyable

Themes build each week: Calm → Energize → Balance → Sustain

Events take place Mondays at 12:00 PM EST for webinars and Fridays at 12:00 PM EST for cooking demonstrations, with the exception of Week 4's cooking demonstration, which will take place on Tuesday, November 24, at 12:00 PM EST due to the holiday week. **All registered participants will receive access to the session recordings.**

Week 1:

Finding Calm in a Busy Season

Webinar:

Managing Stress Before it Manages You

- 11/2 12:00-12:30pm EST

Cooking Demo:

Comfort Foods that Support You

- 11/6 12:00-12:30pm EST



Week 2:

Energy, Immunity & Seasonal Self-Care

Webinar:

Protecting Your Energy During the Holiday Rush

- 11/9 12:00-12:30pm EST

Cooking Demo:

Nourishing Foods for Energy & Immunity

- 11/13 12:00-12:30pm EST



Week 3:

Food, Emotions & Holiday Balance

Webinar:

Enjoy the Holidays Without All-or-Nothing Mindset

- 11/16 12:00-12:30pm EST

Cooking Demo:

Feel-Good Holiday Favorites

- 11/20 12:00-12:30pm EST



Week 4:

Creating Meaningful & Sustainable Holiday Routines

Webinar:

Staying Grounded Through the Year End

- 11/23 12:00-12:30pm EST

Cooking Demo:

Simple Gatherings & Stress-Free Holiday Meals

- 11/24* 12:00-12:30pm EST

*this instance taking place on Tuesday instead of Friday



Total cost: \$1,500

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