Motivating Yourself for Wellness Virtual Zoom Seminar
Thursday, December 17, 7 pm - 8pm

Join us for a fun and informative wellness program that will give you new perspectives and ideas to help support you for the rest of the season, and in the new year, as well.

Discover strategies to motivate yourself to eat better, move your body, and take care of yourself (success stories of how others got and stayed motivated will be shared).

Optional: Make one of the following warm drinks or your own healthy warm drink to enjoy during the program, and tell us about it in the chat.

- Peppermint Tea
- Peppermint Tea with a teaspoon of unsweetened Hershey's cocoa or organic cacao powder for a fun twist
- Healthier Hot Chocolate: 5 oz hot milk with 1 teaspoon of unsweetened Hershey's cocoa or organic cacao powder and 1 tsp pure maple syrup (local if possible). The key is to keep the drink small, so the teaspoon of syrup can sweeten it nicely. **Here are alternate options:** use water or a plant-based milk instead, and consider leaving out the maple syrup for any of the options. Play around with different options and find the one that works best for you.
- Rooibos Tea

Presented by Tricia Silverman, RD, MBA
Tricia is a registered dietitian, group fitness instructor, personal trainer, wellness coach, and author of the Amazon International Bestselling book *Healthy Dividends: Investments in Nutrition, Movement, and Healthy Habits that Pay Off*. She teaches Nutrition Entrepreneurship and Healthy Aging for Northeastern University, where she also coordinates the Applied Nutrition Program.

Register by December 15 to mbcraemer@gmail.com. You will then receive a zoom link for the program.