



Healthy Holiday Hacks

Positive
Outcomes
With Lindsay

LEARN HOW TO MAKE HEALTHY (AND STILL DELICIOUS) DECISIONS
WHILE PREPARING & ENJOYING YOUR FAVORITE HOLIDAY MEALS

**We'll talk about
every aspect of
holiday meals**

- Enjoy appetizers with fresh ingredients
- Sip drinks with less sugar, more flavor
- Savor main dishes cooked in healthful ways
- Taste sides that make your mouth water without the negative side effects
- Indulge in desserts with quality ingredients



What You'll Get



You'll receive all of these benefits by joining us for this event:

- 60-minute interactive presentation
 - 2 take-away resources to use and/or share with others
 - Complimentary individual 20-min follow-up phone call
- 30-Day access to a community of others looking to achieve their own health and wellness goals in a group messaging format (providing things like recipes, tips, tricks, support, and motivation)

By joining me for this 1-hour presentation, you'll learn multiple ways to easily create and enjoy a healthier holiday meal with your loved ones, while still enjoying some of your favorite foods!



**Register here:
<https://l.btter.to/70qUp>**

<https://positiveoutcomeswithlindsay.com>

