As the holidays approach, parties become numerous, along with the challenge of keeping your commitment to healthful eating. This holiday season, your onsite health coach is dedicated to helping you stay healthy over the holidays. She has planned a special Healthy Holidays MyHealth Selections program to do so! Four, 40-minute sessions will focus on healthy eating, fitting in physical activity, maintaining your weight, overcoming barriers, and more!

**Registration:** September 4th to September 15th

**Location:**
- Tuesday class - William Pitt Union, Room 630
- OR
- Wednesday class – Craig Hall, Conference Room 128

**Date:**
- Tuesday class – October 3rd to October 24th
- OR
- Wednesday class – October 4th to October 25th

**Time:** 12:00 pm – 1:00 pm

**Space is limited, so sign up today. Don’t delay!**

**To register:** My.Pitt.edu > MyResources > UPMC Health Plan > MyHealth Access > Better Health & Wellness > Wellness Event Registration

Taelor Vetica will contact you to set up your enrollment in the program.