

# Healthy holidays: Eat, drink & be mindful

## 2025 Excel Your Well 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 Excellus BlueCross BlueShield (BCBS), we care about the health and wellbeing of our members. As part of our 2025 Wellbeing Webinar Series, we invite you to join **“Healthy Holidays: Eat, Drink & Be Mindful”**, 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 Excellus BCBS\*

**When our members have the resources and support  
they need to be healthy, everybody benefits!**

**Webinar date: Thursday, December 18**

**Webinar time: Noon – 12:45 p.m.**



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

Excellus  

**Everybody Benefits**

\*Availability of benefits and coverage varies by contract  
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