
SIGNATURE WORKSHOP MENU

Practical, evidence based nutrition sessions designed for busy professionals who want real strategies they can use the same day, not just information to file away facilitated by nutrition expert, [Stacey Woodson, MS, RDN, LDN](#). Custom workshops are available upon request.

IMMUNE-BOOSTING FOODS FOR COLD AND FLU SEASON

Description:

Getting sick is not an option when your calendar is full. This session cuts through the noise of immune boosting trends and supplement hype to focus on what actually supports the immune system: food, sleep, and stress management. Designed for professionals who cannot afford downtime, participants walk away with a clear, doable plan for staying resilient through cold and flu season without overhauling their routine.

Learning Objectives:

- Identify the key nutrients and food sources that genuinely support immune function
- Distinguish evidence based immune strategies from marketing claims and unproven trends
- Create a simple daily routine that fits a full schedule while supporting immune resilience

WARMING WINTER SOUPS: NUTRITION IN A BOWL

Description:

Between back to back meetings and packed schedules, few things reset the day like a hearty, nourishing bowl of soup. This hands-on session shows busy professionals how to build simple, nutrient dense soups that come together fast, reheat well, and support energy through the workweek. Participants leave with a repeatable formula for turning seasonal vegetables and pantry staples into meals that fuel focus and immunity all winter long.

Learning Objectives:

- Build a flexible soup formula that turns whatever is on hand into a balanced, satisfying meal
- Identify seasonal, nutrient dense ingredients that support energy and immune health during the colder months
- Apply time saving batch cooking and storage strategies that make healthy eating realistic on a demanding schedule

HEALTHY HOLIDAY SWAPS: MAINTAINING BALANCE DURING FESTIVITIES**Description:**

Holiday parties, client dinners, and family gatherings can make the season feel like one long food event. This session helps busy professionals navigate holiday eating with confidence, offering smart, realistic swaps and strategies that allow for real enjoyment without the post holiday reset mentality. Participants gain tools to stay balanced through a packed social calendar, no willpower marathon required.

Learning Objectives:

- Apply simple ingredient swaps that lighten traditional holiday dishes without sacrificing flavor
- Develop a practical approach for navigating client dinners, parties, and travel without abandoning nutrition goals
- Build a mindset shift around holiday eating that supports balance rather than restriction or overindulgence

