

# Member Webinar Schedule 2025

## February 2025 | Heart Health

Thursday, February 13, 2025, at 1 pm CST

### What is Metabolic Health?

**Instructor:**

Megan Green, Registered Dietitian

**Description:** Discover what metabolic health truly entails and gain insights into optimizing your own metabolic wellbeing.

## June 2025 | Preventative Health

Tuesday, June 24, 2025, at 1 pm CST

### Food is Medicine

**Instructor:**

Chef Jeremy Reinicke

**Description:** Join our Food is Medicine cooking class and learn to nourish your body with healing, nutrient-rich meals.

**Menu:** Nutrient-rich Walnut Crusted Salmon with Avocado and Coconut Quinoa, Antioxidant-packed Dark Chocolate Berry Parfait

## September 2025 | Stress & Resilience

Tuesday, September 16, 2025, at 1 pm CST

### Gut-Brain Connection

**Instructor:**

Megan Green, Registered Dietitian

**Description:** Learn about the gut-brain connection and how nurturing your gut can enhance your brain function and overall mood.

## December 2025 | Healthy Holidays

Tuesday, December 9, 2025, at 1 pm CST

### Festive Mocktails

**Instructor:**

Chef Jeremy Reinicke

**Description:** Craft delicious alcohol-free mocktails and discover their nutritional benefits just in time for the holidays.

**Menu:** Blueberry Balsamic Shrub with Honey and Ginger; Pomegranate Sangria with Raspberry and Lime