

Employee and Retiree Service Center  
*The Bulletin*—December 3, 2025

### **December Wellness Webinar—Seasonal Cooking Demonstration**

Are you looking for some healthy holiday recipes? Follow along with this seasonal cooking demonstration. Our chefs will create a meal based on the winter season and provide an interactive demonstration with cooking and nutrition tips.

The Seasonal Cooking Demonstration will be held on Wednesday, December 18, 2025, at 5:00 p.m. [Email Well Aware](#) to register. After registering, you will receive webinar log-in information and the recipes.