



Healthy for the Holidays

Keep your health on track through the holiday season!

For Questions or to Sign Up:

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Instructor:

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WHO:

Adults of Jackson!

WHAT:

Looking for tips on healthy eating through the holidays? Join Angela for an interactive session to keep your health on track!

Healthy baking tips, how to incorporate physical activity, portion sizes, and more will be discussed!

WHEN and WHERE:

Crouch Center Dining Hall

Friday, Dec. 7th 1-2pm

or

Monday, Dec. 17th 1-2pm



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