



TRIAD

Nutrition Class:

Healthy Eating for the

Holidays

Wednesday, October 22nd

11:00 - 11:45 am

Please join Registered Dietitian and Certified Diabetes Care and Education Specialist to learn more about how to eat well during the holiday season!

RSVP

Contact Ryan Engel to reserve your spot!

Location

**Oneida Family Fitness Center
Conference Room**

