

Smart Holiday Eating



How to enjoy your favorite holiday foods and festivities *WITHOUT* putting on the pounds!

Instructed by Natalia Garcia, RDN, LDN, CISSN, CHWC

DATE	TIME	LOCATION
Friday, November 3	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Avenue West, Bradenton
Wednesday, November 15	5:30p - 6:15p	Central Library, Large Auditorium 1301 Barcarrota Ave, Bradenton
Thursday, December 14	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton

Register at www.manateeyourchoice.com
> Program Registration tab



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