Healthy Holiday Eating

Join us for sharing ideas and tips on creating festive snacks, lightening up favorite holiday dishes, and balancing your health during the holiday season!

Wednesday, Dec 5th
5:15-7:15 PM
McCLOUD High School
133 Campus Way, McCloud

Dinner and child care are provided!
To register, please call the Mt. Shasta CRC at 926-1400.

About Our Facilitator:
Michelle Harris has been a registered dietitian and nutrition educator for over 15 years. Her passions include engaging people of all ages to make nutrition and their health a priority.