



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!

with
Michelle Harris, R.D.

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.

