



Healthy HOLIDAY EATING

WEDNESDAY, NOVEMBER 29TH
10:00am to 12:00pm

Facilitated by

Michelle Harris



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

Location: **Yreka Community Resource Center**
201 S. Broadway, Yreka
A family lunch and child care are included!

Register online [here](#), or call 530.842.1313.

Michelle Harris, MS, RD

Michelle Harris has been a Registered Dietitian and Nutrition Educator for over 20 years. Her passions include engaging people of all ages to make nutrition and their health a priority.

