

Wellness Wednesdays

Marion Gardens | 75 Dales Ave | Betty Morris Community Room

December

7th | 1:30 pm

SNAP-ED | Setting the Stage for Healthy Habits



- Discussing Our Food History
- Learning about Ways to Feed Our Families
- Identifying our Nutrition Goals
- Learning Kitchen Safety Basics & Reading a Recipe

21st | 2 pm

Physical Activity - NYE – Alcohol & Metabolism

- How is alcohol metabolized in the body?
- How much is too much?
- Where is the "Goldilocks" spot?

14th | 2 pm

Culture Sharing: How to Write a Recipe

- Preserving your family's food traditions & culture
- FREE recipe template
- Cooking Demo: Roasted Zesty Pesto

28th - 2 pm

Happy New Year from the Healthy Greens JC Team!

- Distribution ONLY

HEALTHY GREENS



FREE Salad Greens.
Bring a bag!

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#HealthierJC