

# December Nutrition Workshop

## Topic: Healthy Eating During the Holidays

You are invited to participate in an interactive game, led by your Associate Wellness Dietitian, which will teach you valuable strategies guaranteed to keep you healthier during the holiday season.



## Join us!

### **Moses Campus**

**Date:** Tuesday, December 20, 2016

**Location:** 3514 DeKalb Ave., Large Conference Room

**Time:** 12:00pm - 1:00pm

### **Yonkers Campus**

**Date:** Wednesday, December 21, 2016

**Location:** 3 Executive Blvd., 2nd Floor, Care Guidance Suite, Conference Room

**Time:** 12:00pm - 1:00pm and 1:00pm - 2:00pm

**Nutrition Workshops are open to all associates! Register on the portal in advance or just drop in!**

\*Successful completion and portal registration awards you **three** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1,000 prizes each quarter!\*