

EHA SENIOR SESSIONS

HEALTHY EATING FOR THE HOLIDAYS



The holidays are here, and so are the festive (yet not completely healthy for you) food options! Please join us for simple tips on what to pile on your plate, what to limit, and smart swaps for a happier holiday.

Presentation by Domonique Byrd, the Wellness Coordinator with assistance from Courtney Jollie, the Nutritionist at the Rural Health Network!

MONDAY, DECEMBER 15TH AT 3:00 PM

ELLENVILLE HOUSING AUTHORITY SENIOR COMMUNITY ROOM
CANAL STREET ELLENVILLE, NY

**PLEASE REGISTER BY CALLING THE ELLENVILLE REGIONAL RURAL
HEALTH NETWORK (845) 647-6400 EXT 281**

