



*Change your diet,
change your life.*

Seminar 3: Healthy Holiday Eating

Healthy Side Dishes Featuring ...

Healthy and Creative Ways to Prepare
Sweet Potatoes and Broccoli

... and many more important tips to improve your health.

What:

Free Food Demonstration

Terri Geiser, KCHD health education program manager and cooking instructor with the Glass Bazaar, and Susan Fowlkes, KCHD director of clinical nutrition

When:

Wed., Nov. 18, Noon - 1 p.m.

Where:

KCHD Auditorium

140 Dameron Ave. Knoxville

Please call 215-5170 to register.

