YourChoice
MANATEE HEALTH PLAN

# HOLIDAY COOKING CLASS

LED BY WELLNESS JOURNEYS

Join Polly and learn delicious ways to make your holiday table a little bit healthier with all the traditional flavors.

In this virtual cooking class you will learn to incorporate:

- The healthy fats
- Fresh herbs and vegetables
- Lower sodium strategies
- Less added sugars

SCAN ME

**NOV. 5TH**

**TIME**
12-1:00pm

**ZOOM**




**For BOCC Employees Only:** This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.