Enjoying the Holidays Without Food Guilt

Wednesday November 4th
12pm

Rotterdam Senior Center

Join Registered Dietitian Debbie Griswold for a discussion and cooking demo featuring recipes that will help you enjoy the holiday season without feeling guilty! There will be recipes, samples and tips for navigating this challenging season. Please RSVP to Rotterdam Senior Center by Friday October 30th.

Cornell University
Cooperative Extension
of Schenectady County