

Nutrition Lecture Series: II. Holiday Sides Cooking Demonstration







Holiday Sides

Join us for an informative talk on harnessing the healing power of foods, and get and share ideas for healthier holiday sides.

<u>Free samples will be provided.</u>



Wednesday, November 14, 6:00 pm - 7:30 pm

Vailsburg Branch Library
75 Alexander Street
973,733,7755



