

Healthy Holiday Habits

Thursday • December 9th • 2:15 – 2:45 PM
CEO • Live via Zoom

Keep holiday weight gain at bay with healthy holiday habits! Taught by a registered dietitian, this program will give employees tips for navigating holiday parties and making holiday eating healthier.

Please register in advance by clicking [here](#) or entering the URL below into your browser: https://cdphp.zoom.us/webinar/register/WN_OPHKIXXfS82fsA1z45ZBYA



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CDPHP members can earn up to 10 Life Points® for attending.

