



HEALTHY

# HOLIDAY

## *Eating*



Holiday eating doesn't have to mean sacrificing your health goals. Visit with our Fit Pros and learn ways to make your favorite dishes more nutritious by using healthy alternatives!

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**November 13** | 9:00-10:00AM, 12:00-1:00PM, 4:30-5:30PM

**November 14** | 9:00-10:00AM

**November 15** | 12:00-1:00PM

**November 16** | 12:00-1:00PM, 4:30-5:30PM

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**PEAK MAIN LOBBY**

Peak Health & Wellness Center  
1800 Benefis Court, Great Falls, MT  
[www.peakgreatfalls.com](http://www.peakgreatfalls.com)

