



Give yourself a healthy boost

Take a convenient online class

Preparing Healthy Meals & Dining Out

Date: Thursday, March 16, 2023 **Time:** 12:00—1:00 pm

Join via computer or mobile device at:

<https://event.on24.com/wcc/r/4078126/0383DB74271E33BA71C7244DB125DD19>

Registration is now available and will remain open through the end of the event.

For support, [click here](#).

Description: Get practical tips, identify healthier options, and discover the health benefits of making the healthy choice the easy choice.

For questions, contact: employeewellness@fultoncountyga.gov

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