

AT NO COST TO EMPLOYEES

NOURISH

Healthy Eating For The Holidays

Join Kaiser Permanente's Alissa Palladino

Please join Kaiser Permanente's Alissa Palladino for a fun, free and informative presentation. Tips to help you stay healthy and prevent weight gain during the holidays, while still enjoying the season.

You do not need to be a Kaiser Permanente member to attend.

Contact: employeeewellness@fultoncountyga.gov

Date/Time: Wednesday, November 12, 2025 from 1:30 pm - 2:00 pm

Location: [Click Here to Register](#)

Nine Piedmont Center
3495 Piedmont Road NE
Atlanta, GA 30305
404-364-7000

