



## Healthy Holiday Eating: Maintain Don't Gain

Join Kaiser Permanente's Allisa Palladino

This presentation offers a great starting point to anyone who is interested in eating to improve their health. Participants will learn tips to help you stay healthy and prevent weight gain during the holidays, while still enjoying the season. This class is taught by a Registered Dietitian/Nutritionist.

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

**Contact:** [employeeewellness@fultoncountyga.gov](mailto:employeeewellness@fultoncountyga.gov)

**Date/Time:** Thursday, October 23, 2025 from 12:00 pm - 1:00 pm

**Location:** [Click Here to Register](#)

Nine Piedmont Center  
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Atlanta, GA 30305  
404-364-7000