



The Art of Healthy Cooking Brown Bag Makeover

Join Kaiser Permanente's Alissa Palladino

Join us for a quick, interactive session where we'll show you how to turn your everyday lunch into a healthier, more balanced meal. Learn simple swaps, get nutrition tips, and leave with ideas to fuel your day the smart way! 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

Date/Time: Wednesday, September 17, 2025 from 12:30 pm - 1:00 pm

Location: [Click Here to Register](#)

Nine Piedmont Center
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