



Healthy Eating Using the Plate Method

Join Kaiser Permanente's Alissa Palladino

Please join Kaiser Permanente's Alissa Palladino for a fun, free and informative presentation. This presentation offers a great starting point to anyone who is interested in eating to improve their health. Using MyPlate as a visual guide, participants will learn how to build healthy meals that include a balance of nutrients from each of the food groups that our bodies need to function optimally and thrive

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

Contact: employeewellness@fultoncountyga.gov

Date/Time: Wednesday, January 21, 2026 from 1:30 pm - 2:00 pm

Location: [Click Here to Register](#)

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