



Healthy Eating

Join Kaiser Permanente's, Alissa Palladino

Join us for an engaging webinar on the Plate Method—a practical, visual tool to guide balanced eating. Learn how to create nutritious, portioned meals that support your health goals and fit into your busy lifestyle. Whether you're at home, dining out, or meal prepping, discover tips for including the right balance of vegetables, proteins, grains, and healthy fats. Perfect for anyone looking to eat well without the hassle!

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

Contact: employeehealth@fultoncountyga.gov

Date/Time: Thursday, February 20, 2025 | 12:00 pm - 1:00pm

Location: Click [HERE](#) to join

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