



Mastering Healthy Meal Prep

Join Kaiser Permanente's, Alissa Palladino

Take the stress out of eating well with our Healthy Meal Prep webinar! Learn practical strategies for planning, prepping, and portioning nutritious meals that save you time and support your health goals. From creating balanced menus to storing meals safely, we'll share tips and tricks to help you stay organized and on track, even on the busiest days. Perfect for anyone looking to simplify healthy eating and enjoy more home-cooked goodness!

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

Contact: employeeewellness@fultoncountyga.gov

Date/Time: Thursday, March 27, 2025 | 12:00 pm - 1:00pm

Location: Click [HERE to join](#)