



# Healthy Smoothie Demonstration

Join Kaiser Permanente's Alissa Palladino

Join us for a fun, hands-on Healthy Smoothie Demo with Alissa Palladino, RD!

Discover how to whip up delicious and nutritious smoothies that are perfectly tailored to your taste and dietary goals. Alissa will walk you through the health benefits of key ingredients—like fresh fruits, vibrant vegetables, and superfoods—and share expert tips on portion control and making balanced snacks. Whether you're a smoothie pro or just starting out, this session will leave you with tasty, healthy recipes and practical advice to incorporate into your daily routine!

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

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

**Date/Time:** Wednesday, May 28, 2025 from 12:30 pm - 1:00 pm

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