



Healthy Trail mix Demonstration

Join Kaiser Permanente's Alissa Palladino

Join us for a fun and interactive Healthy Trail Mix Demo led by a Allis Palladino, RD! Discover how to create a delicious and nutritious trail mix tailored to your taste and dietary needs. Learn about the benefits of different ingredients—like nuts, seeds, dried fruits, and dark chocolate—while getting expert tips on portion control and balanced snacking.

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

Contact: employeewellness@fultoncountyga.gov

Date/Time: Thursday, May 08, 2025 from 12:30 pm - 1:00 pm

Location: [Click Here to Register](#)

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