

**Virtual  
Wednesdays  
5:30-6:30pm**



## **Prep for the Holiday**

**-Maintain & Strengthen your Recovery this Holiday Season-  
Facilitated by Amber Rosalez RD, CEDS-S**

- Prepare to stay well fed as 2023 winds down
- Maintain your Recovery & Relationship w/ food
- Receive support during a time when cold weather sets in, celebratory foods are more abundant, and family, friends and traditions tend to disrupt the norm.
- Let's nourish ourselves with community and understanding to empower each other as we say goodbye to 2023.

**SCAN**

