

Healthy Holiday Tasting A Community Event

OLD SAYBROOK
O.S.P.R.
PARKS AND RECREATION

Would you like to learn how to create fabulous, healthy holiday meals? The holidays are weeks away and we are here to help make your season extra special. Remove the worry and stress of gaining the American average of 1 to 2 pounds during the winter season. Join us at the Old Saybrook Pavilion at 5:30pm to learn how to create healthy holiday meals your entire family will love.

- OSHS Chef Keith Caron will present a Cooking Demo
- Food from local restaurants
- Raffle and Prizes including 6 weeks free to Pop Weight Loss, free OSPR youth programming and many more!!
- Nutritionists Kara Ganssle and Eric Dunn of Pop Weight Loss will have healthy tips for the holidays

**All proceeds benefit
Youth & Family Services**



Register online at

www.oldsaybrookrec.com

Date: Tuesday December 9, 2014

Time: 5:30-7pm

Location: Old Saybrook Pavilion

Admission: Free

Raffle with wonderful prizes

**OS Holiday Giving Program
Drop Off**



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