

HEALTHY HOLIDAYS

Celebrating with Flavor & Balance

Discover easy tips to enjoy your favorite holiday foods while maintaining your health.

Thursday, December 18, 2025

4:00 p.m. Via Zoom

CONTEST OPPORTUNITY!
EMAIL YOUR FAVORITE HEALTHY HOLIDAY
RECIPE TO
COMMUNITYHEALTHOUTREACHEP@TTUHSC.EDU
FOR A CHANCE TO WIN A PRIZE!

3 winners will be announced during the webinar.
Must be virtually present to win.

FEATURING:

Sofia Maragoudakis, MS, RDN, LD
Registered Dietitian



**REGISTER
NOW!**



(915) 215-5220

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<https://ttuhscpep.edu/community-health-outreach-and-education/events.aspx>