



Healthy Holidays



Join us as we discuss fun ways to host a Healthy Holiday celebration!
We will be showing you how to create a delicious holiday meal, tasteful beverages and game ideas that your family will all enjoy!

Recipes

Come see the wonderful holiday spread we have put together with appetizers, flavorful dishes and desserts.

Beverages

Impress your family with festive beverages that look beautiful and taste delicious.

Games

Grab some great ideas for fun and festive activities during the holiday with your family.



FREE GIVEAWAYS!

We will be randomly giving away aprons, t-shirts, cookbooks, and yoga books! (Limited supplies. Items will be sent by mail.)

December 15, 2020

1 p.m. - English

2 p.m. - Spanish

Registration

<http://sbcss.k12oms.org/1295-196267>

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Visit <https://cachampionsforchange.cdph.ca.gov> for healthy tips.

