



Enjoy the Holidays, Maintain Your Health, and Still Have Fun!

NUTRITION WORKSHOP

Join us for a Center For Learning workshop about surviving the holidays, the healthy way!

During this workshop, we “host” a holiday meal and explore what options to choose at a traditional dinner, present healthy alternatives, and how to end the festivities with desserts and mocktails, without the aftereffects of a sugar crash!

All participants will receive a free raffle ticket to win a Vitamix blender, grocery store gift cards, and other holiday surprises!

Wear an ugly sweater to the event and receive two free tickets!



Save my seat

Be sure to sign up today!

<https://bit.ly/CSnutritionworkshop2024>

December 11, 2024 at 6pm

Hosted at: Center School, 2450 Hamilton Avenue, Abington, 19001, in conjunction with CrossFit Generation, Horsham, and Fitman Performance Physique Center, Roslyn.

