



HEALTHY HOLIDAY DESSERT WORKSHOP



Enjoy time together learning to make healthy treats!

Wednesday, December 6, 2023

10:00am

Holland Street Senior Center

167 Holland Street

Make healthy and delicious desserts with your friends!
Join your Nutrition Consultant, Mary Marshall, in learning how
to sweeten your treats naturally, use superfoods to boost your
health, and feel satisfied with nourishing treats.

***Space is limited, please call Mary at 617 625-6600 ext. 2316
or email headtofitness10@yahoo.com to reserve your spot.***

