

Healthy Thanksgiving Workshop

sponsored by **Food for Thought**

Monday, November 9 at 7:00pm

Presented by Betsy J. Moore, HHC
(Holistic Health Counselor).

Tips about making your traditional thanksgiving
feast a nutritious, “whole foods” event.

Betsy has lots of great ideas for your "healthy"
Thanksgiving, and she will be available to answer
your questions.

Please register 412-486-0211.

The cost for this healthy event is only \$2.00.



This event is sponsored by **Food for Thought**, a SNHL
book group that meets in the evening on the third
Wednesday each month.