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JOIN THE OPTIMAL YOU DIETITIANS

HEALTHY HOLIDAY HAPPY HOUR

Take a break to prepare, or follow along, as we share delicious tips & spread holiday cheer!

December 15, 2020 • 4:00 pm to 5:00 pm
Microsoft TEAMS

FEATURING

BUILD YOUR OWN HUMMUS BAR . HEALTHY SWITCH SPINACH ARTICHOKE DIP . CREATE A WINNING CHARCUTERIE BOARD . BENEFICIAL HOT BEVERAGES

EMAIL SARAH.VANEERDEN@AMWAY.COM FOR TEAMS LINK