



Focus on the Stars:

Cooking Healthy for the Holidays

Date: Thursday, December 6th

Time: 2:00pm

Location: Pittsburg Public Library
308 N. Walnut Street

“Healthy” and “Holidays” don’t usually appear in the same sentence involving food. However, it IS possible to enjoy great-tasting holiday foods while maintaining a healthy lifestyle. Simple modifications transform holiday favorite recipes and help avoid the weight gain often associated with the holiday season.

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