

Quick Tricks for Healthy Meal Time Magic



Who: Heidi Copeland, Family and Consumer Sciences Extension Agent

What: February Lunch N Learn—Recognizing your Physical and Social Well-Being

Folks have been asking for tips to create healthier meals. Heidi Copeland will not only be sharing great information about this topic, but she will prepare your entree during the lunch and learn.

Gaining knowledge and skills in order to plan and prepare healthier meals in minutes!

Menu

Mandarin Orange and Roasted Chicken Salad

(a vegetarian option available)

Pita Crisps

Ice Cold Water

When: Tuesday, February 26th, 2013 at noon. Please note, according to the BOCC new Wellness Policy, the BOCC allows its employees one hour a month to attend County sponsored events, as long as it meets with the approval of your Supervisor. (See Policy @ <http://intra.leoncountyfl.gov/wellness/>)

Where: Leon County Extension, 615 Paul Russell Road, Tallahassee, 32301 (606-5203)

RSVP: Register on the new "Live Well Leon" website: <http://intra.leoncountyfl.gov/wellness/> by Friday, February 22, 2013.