

FREE for Apple Members! Only \$5 for non-members.



**APPLE
ATHLETIC CLUB**

Healthy Lifestyles Series

SUCCESSFUL HOLIDAY EATING

Friday, Nov. 13th at 8:30am
held in the Racquetball Court at Apple Athletic Club

Handouts will be provided.

Presenter: Leslee Blanch, RD, LD
*Family and Consumer Science Facilitator
U of I, Bonneville County Extension*

**FACE MASK
REQUIRED**



You can also tune in LIVE on our Facebook page!

Everyone Is Invited To Attend!

Questions? Contact Leslee Blanch at (208) 529-1390