



Jefferson County
PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

For Immediate Release

Faith Lustik
Health Planner -786-3723

A Free Holiday Nutrition Class Offered at Jefferson County Public Health Service

December 2, 2013~Watertown, NY - The Jefferson County Public Health Service (JCPHS) is offering a nutrition education class, *Make Small Changes for Healthier Holiday Meals & a Healthier You*, on December 9th 2013. The class will offer holiday eating tips, recipes, and ideas for boosting next year's resolution success from Jill Joyce, a Registered Dietician at JCPHS.

Preparation is the most important step in managing your dietary concerns during holiday travel and activities. Know what you'll be eating, how to enjoy a few traditional favorites while sticking with a healthy meal plan, and how to make your favorites healthier will prepare you for the festivities ahead!

The class will be held on Monday, December 9th from 1-2:30pm at Jefferson County Public Health Service, 531 Meade Street, Watertown NY. There is no charge for this class but you must pre-register.

To make a reservation for the class, please call (315) 786-3710. For more information about services the JCPHS offers go to www.jcphs.org

~END~