

JANUARY 11TH AT 1 PM:
SEASONAL PRODUCE HIGHLIGHT- CITRUS

FEBRUARY 15TH AT 1 PM:
HEART HEALTH

January 11th at 1:00 PM: Seasonal Produce Highlight: Citrus

JOIN WEIS DIETICIAN EMILY AS SHE HIGHLIGHTS A SURPRISING WINTER PRODUCE ITEM, CITRUS. A RECIPE DEMONSTRATION WILL FOLLOW.

RECIPE: [Pumpkin Spice Cookies with Orange Glaze](#)

ZOOM LINK: [JOIN HERE](#) PASSCODE: 5225504275

February 15th at 1 PM: Heart Health

JOIN WEIS DIETICIAN MELISSA TO LEARN ABOUT HEART HEALTH AND PARTICIPATE IN A DELICIOUS NEW HEART HEALTHY RECIPE DEMONSTRATION.

RECIPE: [Tomato Avocado Egg Salad](#)

ZOOM LINK: [JOIN HERE](#) PASSCODE: E1C90FCF4B

REGISTRATION NOT REQUIRED

JOIN ON A COMPUTER OR MOBILE APP ATTEND AS A GROUP OR INDIVIDUALLY

CLOSED CAPTION NOT AVAILABLE

HOSTED BY [THE CENTRAL PA HCQU](#)