


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 OFF
2 OFF	3 Dubois Center Store Tour Time: 10:30-11:30am Location: Commerce	4 Lunch & Learn Time: 12-1:30pm Location: CLC Stamford	5 Nutrition Seminar Time: 4-5pm Location: Lawn Hill Terrace Stamford	6 Stamford Children's Health Collaborative Time: 12-1pm Location: Tully Center	7 Norwalk CHC Prenatal Class Time: 10:30-11:30am Location: Norwalk	8 OFF
9 OFF	10 Office Hours	11 GCHIP: 8:30-10am Nutrition Seminar Time: 4:30-5:30pm Location: Fairgate	12 OFF	13 Webinar: 10-11am Lunch & Learn Time: 12-1pm Location: King Industries Norwalk	14 Parent Workshop Time: 6:30-7:30pm Location: New Lebanon School	15 December Produce Picks Time: 1-3pm Location: Commerce
16 OFF	17 Healthy Holidays Recipe Demo Time: 11-2pm Location: Commerce	18 Office Hours	19 Office Hours	20 Office Hours	21 Office Hours	22 OFF
23 OFF	24 OFF	25 MERRY CHRISTMAS! 	26 December Produce Picks Time: 1-3pm Location: Commerce	27 Office Hours	28 Office Hours	29 New Year's Treats! Time: 12-2pm Location: Commerce
30 OFF	31 OFF					

MONTHLY FOCUS
Healthy Holiday Traditions



DIETITIAN

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FREE NUTRITION SERVICES

