



Muffins for Mom

Enjoy Healthy Holiday Eating

**Feeling the stress of the season?
Come take a moment for you!**

Tuesday, Dec. 12 | 8-9:30 a.m.

ECEC Gathering Place

Don't let the name disappoint!

This event is for mothers, grandmothers, aunts and any woman who plays an important role in the life of an ECEC child.

Also, breakfast will include more than "muffins" and will be **served to the first 25 ladies!**

PRESENTATIONS

- ♦ Margaret Fisher, Community Health and Nutrition Supervisor will be presenting was you can enjoy the holiday celebrations without all the guilt.
- ♦ Take time to relax and create a festive item with your own hands (wood, paint and other supplies will be available for you to explore.)

