

Be Well 2nd Quarter Educational Event

Come Join Us for Healthy Holiday Eating



Image: CDC

When: December 20, 2023

1st Session: 10:00am , 2nd Session: 11:00am

Where: Tolland Town Hall Council Chambers

To register go to: [Healthy Holiday](#)

We'll talk about healthy portions and try some delicious healthy holiday recipes. Refreshments will be provided.

This event will fulfill your 3rd quarter wellness education requirement for Be Well Rewards Program! For those unable to attend online information will be on the Be Well website

