



# Eating Well During the Holidays

with Keri Layton MS, RD, LD

Piedmont Public Library

Thursday, December 6

6:30 to 8:00

The parties can pile on the pounds and the stress this time of year, but you can escape the holiday season unscathed with Keri's common-sense tips

This project is made possible by Federal funds from the Institute of Museum and Library Services, administered through the Oklahoma Department of Libraries.

