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Got Health?

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Healthful Eating During the Pandemic: Speedy Meals for Busy Households

Join us for this talk on the Center for Community Health & Prevention's [Facebook page](#). Get tips for keeping dinner prep quick and affordable. Viewers will learn how to make five different healthy meals, all from ingredients that are low-cost and completely shelf-stable!

Date: Thursday, March 18

Time: Anytime after 11 a.m.

Presenter: April Ho, RD, CPT, Clinical Dietitian, Center for Community Health & Prevention, URM



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