HEALTHY HOLIDAYS



Thursday, Nov. 19 at 3pm

Wiesman Family Reception Room

The holiday season brings both celebration and temptation. Join us for a discussion on enjoying holiday gatherings while maintaining healthy habits, along with practical ideas for stretching your food budget during the holiday season.



Shelly Asplin is a registered dietitian, certified diabetes educator, and trained wellness coach. Her areas of expertise include diabetes management, weight management, celiac disease, and food allergies and sensitivities. Shelly holds degrees in Human Nutrition and Food Service Management from the University of Nebraska-Lincoln and Health Education from the University of Nebraska at Omaha. She is passionate about helping individuals make informed choices that support lifelong health and wellness.

שמירת הגוף | **Shmirat HaGuf**

"Guarding the Body"

In Judaism we are taught that caring for our bodies is holy work: eat well, rest, and nourish the divine spark within us!

Team Shalom
שלום
CREATING OPPORTUNITIES TOGETHER
EMPOWERING EVERY VOICE

All staff in attendance will be entered to win one of two Hy-Vee gift cards!

This program is open to all staff!
Please RSVP to Jessi Taylor in person or email TeamShalom@jewishomaha.org