

Harvest Bowls & Healthy Habits



Harvest bowls are a great way to get nutrition in a delicious way. During this workshop Gabby Adragna, Registered Dietitian, will show you how to build three bowls using simple ingredients, seasonal flavors, and a mix-and-match method to keep things interesting. She'll also share tips to build healthy habits into your routine in preparation for the holiday season! Recipes will be shared with attendees after the workshop.

For more program details, visit the registration page.

Free to all MIIA account:

- **employees and spouses**
- **retirees on a MIIA/Blue Cross health plan**

**Thursday,
November 19
5:00 PM to 5:30 PM**

Zoom Program

Gabrielle Adragna, RD

**[Register Here](#)
by November 19**



**Register on
your MIIA Mobile App**

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from the App Store or Google Play

