

MAYORS WELLNESS OF OLD TAPPAN

Wellness Speaker Series

Thursday, 12/19 @ 7pm

Virtual Meeting

TOPIC

**Navigating Healthy Eating
During the Holidays**

SPEAKER

**Shannon Herbert,
PhD, RD, CDN, PYT**

REGISTERED DIETICIAN & YOGA
INSTRUCTOR AT LAURA CIPULLO
WHOLE NUTRITION + YOGA,
ADJUNCT PROFESSOR AT NYU



[Click Here to register](#)

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