

Healthy Charcuterie 101



Discover how to build a beautiful and balanced charcuterie board that's as nutritious as it is delicious. This demonstration will show you how to balance proteins, fruits and vegetables, as well as some indulgences, with practical tips for ingredients and simple prep. Perfect for entertaining or everyday snacking!

For more program details, visit the registration page.

Free to Reading:

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



**Monday, October 26
4:15 PM to 5:15 PM**

**Reading Public Library,
Community room, lower level**

**Heidi Roth,
Registered Dietitian**

**[Register Here](#)
by October 16**



**Register on
your MIIA Mobile App**

Download the app
from the App Store or Google Play



Class size is limited to 36. MIIA/Blue Cross subscribers will receive priority if space is an issue.