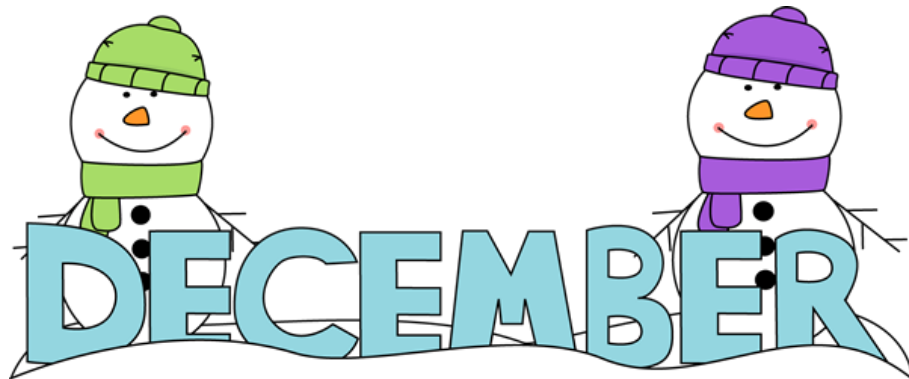


Nutrition News



Wishing you a wonderful holiday season from all of us at
4Cs!



Reminders:

- Our office will be closed Monday, December 25 through Monday, January 1. We will re-open on Tuesday, January 2, 2018.
- Meals claimed on Christmas Day and New Year's Day will not be reimbursed.
- The annual training schedule will be mailed out January 2018.