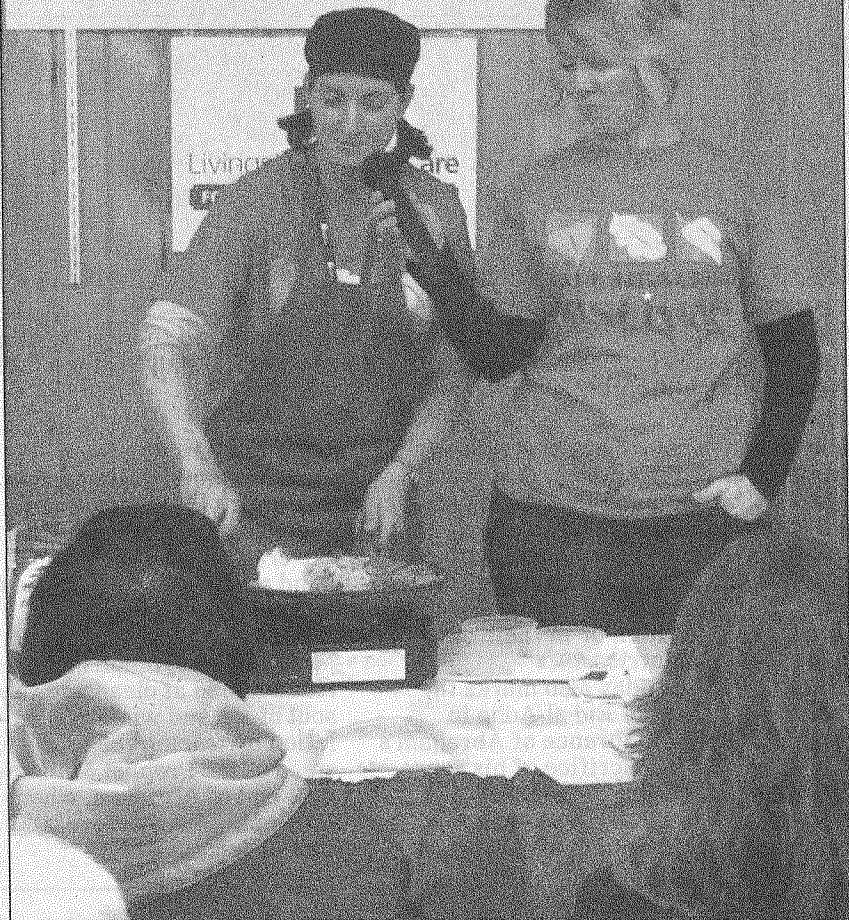


# Keeping it healthy

## Healthy Cooking Demonstration

Livingston HealthCare



Enterprise photo by Liz Kearney

**Jessica Williams, left, Livingston HealthCare's Food and Nutrition Services manager, prepares a quinoa pilaf in a healthy cooking demonstration at the Fall Health Festival, Saturday. Gia Holiway, right, holds the microphone for Williams so she can cook and talk at the same time. Holiway manages LHC's Cardiopulmonary Services, Sleep Lab and durable medical equipment.**