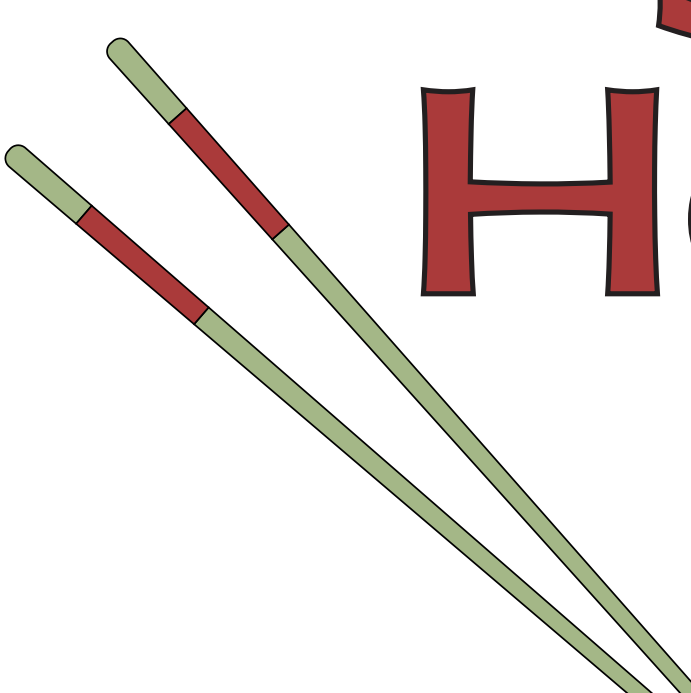




Smart Bites: Healthy Musubi Made Easy

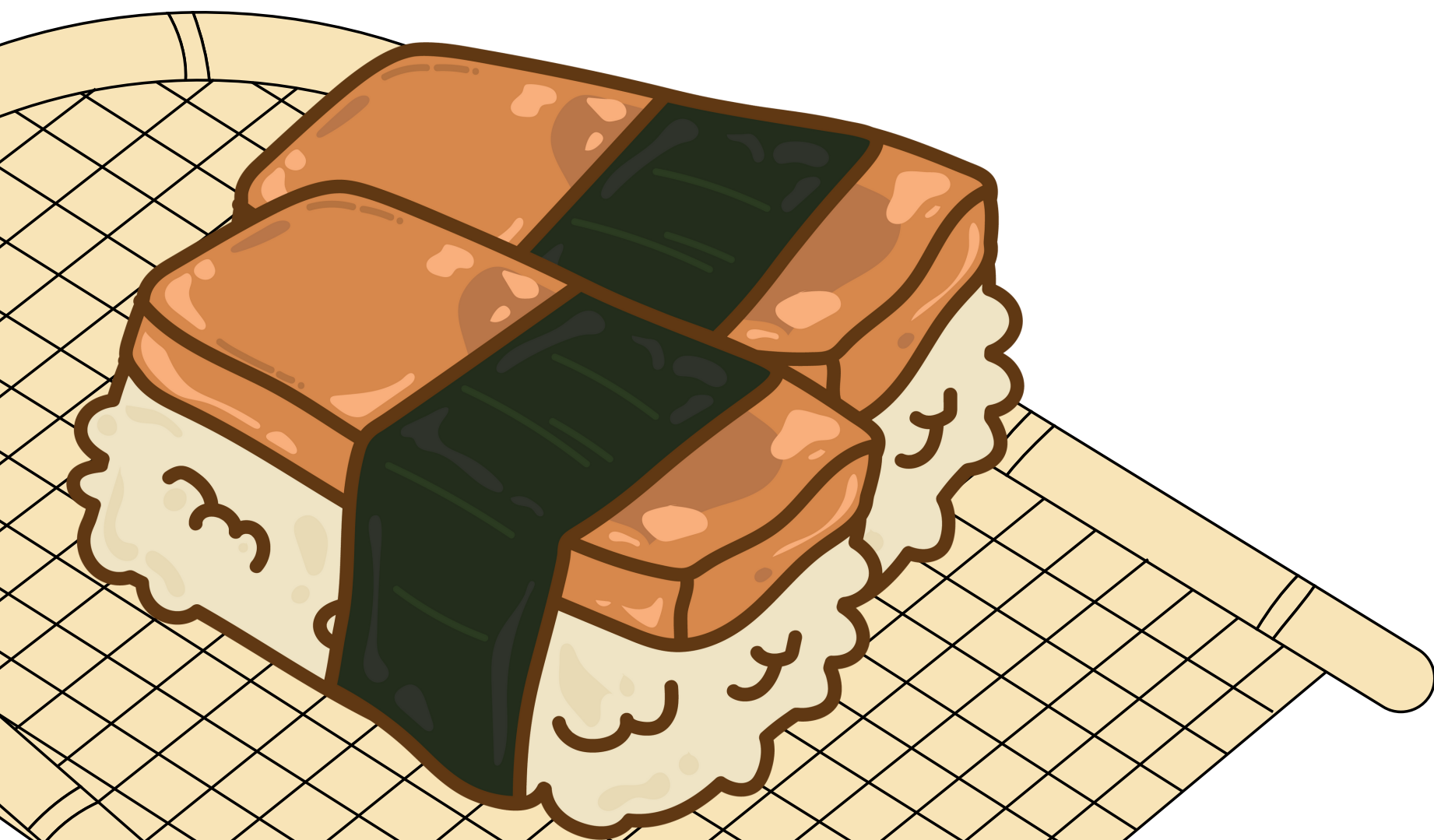
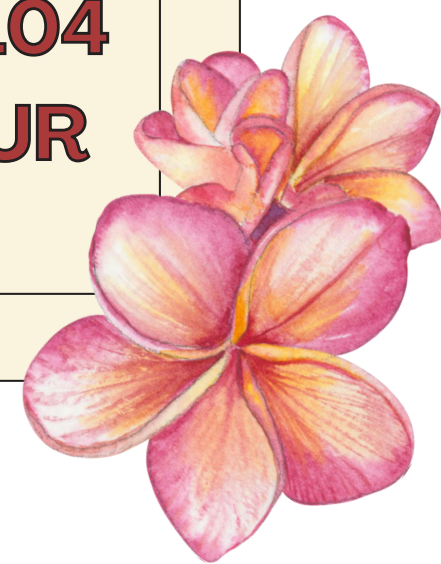
Learn to make a healthier version of Hawaii's favorite snack! This hands-on workshop teaches you how to prepare musubi using nutritious ingredients. Discover tips for reducing sodium, adding flavor, and perfecting your rolling technique. Great for all skill levels!

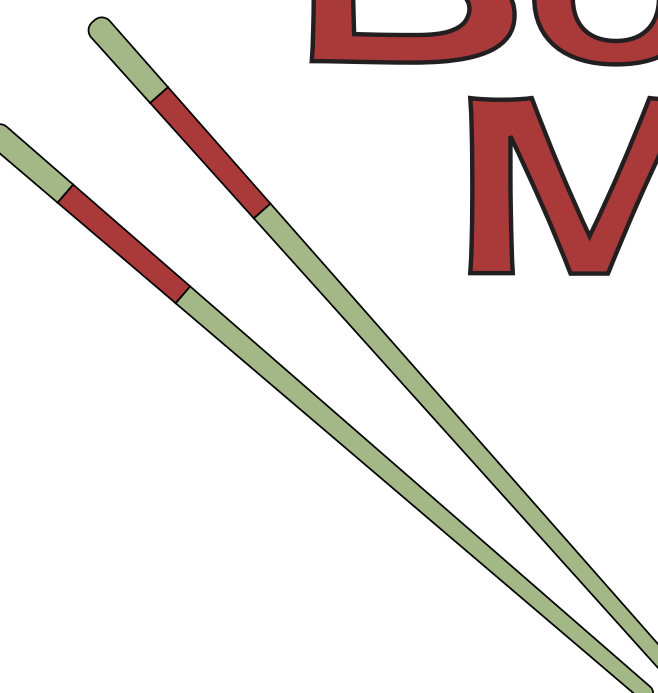


Wednesday, June 11th
1:00pm - 2:00pm

Whittier Wellness Community
7643 S. Painter Ave
Whittier, CA 90602

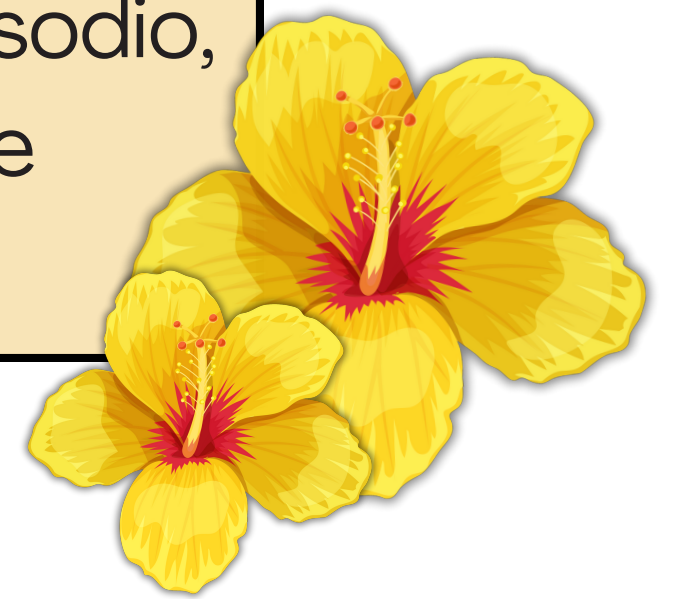
**SPACE IS LIMITED
TO 15
PARTICIPANTS!**
**CALL (562) 775-6104
TO RESERVE YOUR
SPOT**





Bocado inteligente: Musubi saludable hecho fácil

¡Aprende a preparar una versión más saludable del bocadillo favorito de Hawái! Este taller práctico te enseñará a preparar musubi con ingredientes nutritivos. Descubre consejos para reducir el sodio, añadir sabor y perfeccionar tu técnica de enrollado. ¡Ideal para todos los niveles!



Miércoles 11 de junio
1:00pm - 2:00pm

Whittier Wellness Community
7643 S. Painter Ave
Whittier, CA 90602

**¡EL ESPACIO ESTÁ
LIMITADO A 15
PARTICIPANTES!
LLAME AL (562) 775-
6104 PARA RESERVAR
SU LUGAR.**

