

# Invest in Self-Care

CalFresh Healthy Living

## NUTRITION AND PHYSICAL ACTIVITY CLASSES

### WHAT YOU WILL LEARN:

#### LESSON

#### SAVING MONEY

October 7<sup>th</sup>, 2025

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#### LESSON

#### COOKING A MEAL

October 14<sup>th</sup>, 2025

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#### LESSON

#### BUILDING A

#### HEALTHY PLATE

October 21<sup>st</sup>, 2025

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#### LESSON

#### SHOP ON A BUDGET

October 28<sup>th</sup>, 2025

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## JOIN US EVERY TUESDAY!

STARTING October 7<sup>th</sup>, 2025

TIME: 11:00am – 12:00pm

LEARN MORE ABOUT NUTRITION AND  
PHYSICAL ACTIVITY IN EVERY CLASS!

Classes will be held in person!

Whittier Wellness Community  
7643 S Painter Ave.  
Whittier, CA 90626



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose

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