

Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

Gift Card Opportunities!

WHAT YOU WILL LEARN:

LESSON 1

BUILDING A

HEALTHY PLATE

January 14th, 2025

LESSON 2

PLAN HEALTHY MEALS

January 21st, 2025

LESSON 3

SHOP ON A BUDGET

January 28th 2025

JOIN US EVERY TUESDAY!

STARTING January 14th, 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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