



**CANOGA PARK SENIOR
ADULT CENTER**

7326 JORDAN AVE. CANOGA PARK
818-340-2633

“LEARNING LUNCHES”



**NUTRITION
101**

LABELS AND SODIUM



**THURSDAY
AUGUST 22ND, 2024**

11:30AM TO 12:30PM

**Presented by Tanya Schwartz
Dept. of Aging**

**Learn how to read nutrition
labels and how much sodium
you are really eating!**

