



## FREE NUTRITION EDUCATION WORKSHOPS

Get a Taste of Healthy Eating by joining the CalFresh Healthy Living Eat Healthy, Be Active! 4-week Workshop Series.

Learn more about nutrition and physical activity PLUS, LIVE FOOD DEMONSTRATIONS.

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

**Dates: Fridays – May 3rd, May 10th, May 17th, May 24th**

**Time: 1:00 pm – 2:00 pm**

**Location: *Claude Pepper Recreational Senior Citizens Center***

### TOPICS TAUGHT BY A REGISTERED DIETITIAN & INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.

**Limited Spaces Available. Sign up today!**

**To sign up contact:**

**(310) 559-9677**

You can also sign up at **1762 S La Cienega Blvd, Los Angeles, CA 90035**



This institution is an equal opportunity provider. Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips. CNS/RQA/CA Inc. (10/2022)