



Free Nutrition Education Workshops



**Get a Taste of Healthy Eating by joining the
CalFresh Eat Smart, Live Strong!
4-week Workshop Series.**

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

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

Dates: Wednesdays – April 9th, 16th, 23rd, 30th 2025

Time: 12:30 pm

Location: Felicia Mahood MPC

TOPICS 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) 479-4119

You can also sign up at **11338 Santa Monica Blvd, Los Angeles 90025**

Eligibility: Persons 60 years or older.