



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 – March 1st, 8th, 15th & 22nd

Time: 10:00 am – 11:00 am

Location: *Claude Pepper Senior 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:

Claude Pepper Senior Center (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 for healthy tips.
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