



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: Tue, April 16th & Thurs April 25th, May 2nd, May 9th

Time: 1:00 pm – 2:00 pm

Location: ***Felicia Mahood MPC***

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:

Felicia Mahood MPC 310-479-4119

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



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Visit CalFreshHealthyLiving.org for healthy tips.
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