

CalFresh Healthy Living NUTRITION AND PHYSICAL ACTIVITY CLASSES

WHAT YOU WILL LEARN:

LESSON 1
BUILDING A
HEALTHY PLATE
May 6th, 2025

LESSON 2
PLAN HEALTHY MEALS
May 13th, 2025

LESSON 3
SHOP ON A BUDGET
May 20th 2025

LESSON 4
WHAT'S ON A LABEL ANYWAY
May 27th, 2025

JOIN US EVERY TUESDAY!

STARTING May 6th, 2025

TIME: 11:00am – 12:00pm

LEARN MORE ABOUT NUTRITION AND
PHYSICAL ACTIVITY IN EVERY CLASS!

Classes will be held in person!

Whittier Wellness Community
7643 S Painter Ave.
Whittier, CA 90626



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

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