

Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

WHAT YOU WILL LEARN:

LESSON

WHAT'S ON THE
NUTRITION LABEL

FEBRUARY 4th, 2025

LESSON

RETHINK YOUR DRINK
FEBRUARY 11th, 2025

LESSON

MEAL PLANING
FEBRUARY 18th, 2025

LESSON

USING FOOD LABELS
FEBRUARY 25th, 2025

JOIN US EVERY TUESDAY!

TIME: 11:00am - 12:00pm

LEARN MORE ABOUT NUTRITION!

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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