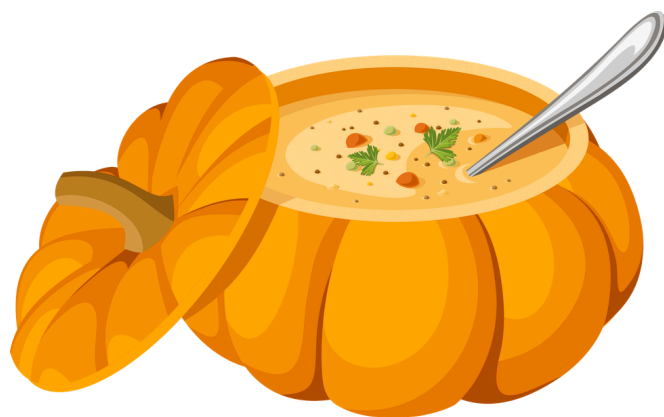


SOUP SEASON:

HEALTHY FALL COMFORT IN A BOWL-PUMPKIN POWER



Learn to enjoy seasonal soups while learning simple ways to add more vegetables, fiber, protein and whole foods to your meals.

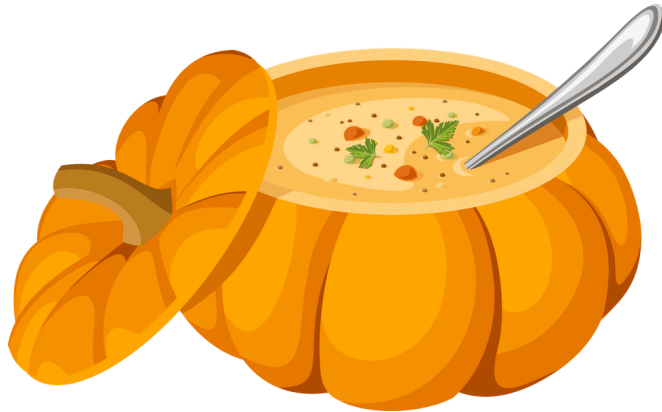
**THURSDAY, OCTOBER 15TH
1:30PM- 2:30PM**

**WEDNESDAY, OCTOBER 21ST
11:00AM- 12:00PM**

**Whittier Wellness Community
7643 S. Painter Ave.
Whittier, CA 90602**

TEMPORADA DE SOPAS:

COMODIDAD OTOÑAL SALUDABLE EN UN TAZÓN - PODER DE CALABAZA



Aprende a disfrutar de las sopas de temporada mientras descubres maneras sencillas de añadir más verduras, fibra, proteínas y alimentos integrales a tus comidas.

**JUEVES 15 DE OCTUBRE
1:30PM- 2:30PM**

**MIÉRCOLES, 21 DE OCTUBRE
11:00AM - 12:00PM**

**Whittier Wellness Community
7643 S. Painter Ave.
Whittier, CA 90602**