

Invest in Self-Care

CalFresh Healthy Living

CLASES DE NUTRICIÓN

Reconsidere lo que bebe

ACOMPÁÑENOS PARA UNA CLASE DE NUTRICIÓN

MARTES JUNIO 11, 2024

COMENZADO A 11:00 AM

WHITTIER WELLNESS COMMUNITY

7643 S. PAINTER AVE.

WHITTIER, CA 90602

Aprenda a calcular la azúcar en sus bebidas.

Aprenda sobre opciones de bebidas saludables y como hacer una agua infundida.

Aprenda la diferencia entre azucares añadidos y azucares naturales.



Financiado por SNAP del USDA, un proveedor y empleador que ofrece oportunidades equitativas.

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CalFresh Healthy Living
NUTRITION CLASSES

Rethink Your Drink

JOIN US FOR A FREE NUTRITION CLASS

TUESDAY, JUNE 11, 2024

11:00AM TO 12:00PM

WHITTIER WELLNESS COMMUNITY

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Learn how to calculate the amount of sugar in your beverages.

Learn about healthier beverage options and learn to make infused water!

Learn the difference between added sugars and natural sugars.



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