

Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

WHAT YOU WILL LEARN:

LESSON

PLAN A MEAL

September 2nd, 2025

LESSON

SHOPPING ON A BUDGET

September 9th, 2025

LESSON

What's on a Food Label

September 16th, 2025

LESSON

Rethink Your Drink

September 23rd, 2025

JOIN US EVERY TUESDAY!

STARTING September 3rd, 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

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider and employer.