

Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

WHAT YOU WILL LEARN:

LESSON

WHAT'S ON A LABEL ANYWAYS
August 5th, 2025

LESSON

RETHINK YOUR DRINK
AUGUST 12TH, 2025

LESSON

BUILDING A HEALTH PLATE
AUGUST 19TH, 2025

LESSON 4

PLAN A HEALTHY MEAL
AUGUST 26TH, 2025

JOIN US EVERY TUESDAY!

STARTING August 5th, 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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