

You are cordially invited to:

# Let's Get Healthy!

**Obesity Awareness and Food  
Budgeting Workshop  
With a Cooking Demonstration!**

**Location: Whittier Wellness Community  
7643 Painter Ave, Whittier, CA 90602**

**Date: Wednesday, March 12, 2025**

**Time: 1:00 -2:30pm**

**Spaces are limited—it's first come,  
first served!**

