



Join Us For A Free **Cooking** Demo!



Learn to Cook Nutritious Meals with Tangelo.

A registered dietitian will show you how to use food as medicine to help manage your chronic health conditions. Enjoy a live cooking demonstration and discover simple, healthy, and delicious recipes!

→ **Join Our FREE Event**



Date:
March 19, 2025



Time:
9-10 AM



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

Visit jointangelo.com to learn more about us.