

# Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

## WHAT YOU WILL LEARN:

### LESSON

Rethink Your Drink  
MARCH 4th, 2025

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### LESSON

SAVING MONEY  
MARCH 11th, 2025

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### LESSON

COOKING A MEAL  
MARCH 18th, 2025

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### LESSON

BUILDING A HEALTHY PLATE  
MARCH 25th, 2025

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## JOIN US EVERY TUESDAY!

**TIME: 11:00am - 12:00pm**

**LEARN MORE ABOUT NUTRITION!**

**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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