

Invest in Self-Care

CalFresh Healthy Living

NUTRITION AND PHYSICAL ACTIVITY CLASSES

WHAT YOU WILL LEARN:

LESSON 1

Rethink Your Drink
December 2nd, 2025

LESSON 2

WHAT'S ON A LABEL
ANYWAYS
December 9th, 2025

JOIN US EVERY TUESDAY!

December 2nd, 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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