

NOURISH & THRIVE: SOBA SALAD DEMO

JOIN US FOR AN INTERACTIVE COOKING DEMO WHERE YOU'LL LEARN HOW TO PREPARE A REFRESHING AND NUTRITIOUS SOBA NOODLE SALAD. THIS SIMPLE, HEART-HEALTHY DISH IS PACKED WITH FIBER, PLANT-BASED PROTEIN, AND COLORFUL VEGGIES—PERFECT FOR A QUICK LUNCH OR LIGHT DINNER.

DATE: SEPTEMBER 17, 2025
TIME: 10AM-11AM

Whittier Wellness Community
7643 S. Painter Ave
Whittier, CA 90602

To register and for questions:
(562) 775-6104

