

Invest in Self-Care

WHAT YOU WILL LEARN:

LESSON 1
BUILDING A
HEALTHY PLATE
January 13th, 2026

LESSON 2
PLAN HEALTHY MEALS
January 20th, 2026

LESSON 3
SHOP ON A BUDGET
January 27th 2026

JOIN US EVERY
TUESDAY!

STARTING January 13th, 2026

TIME: 9:00am – 10:00pm

LEARN MORE ABOUT NUTRITION AND
PHYSICAL ACTIVITY IN EVERY CLASS!

Classes will be held in person!

Whittier Wellness Community
7643 S Painter Ave.
Whitter, CA 90626



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH
Fostering Hope - Healing - Purpose

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