

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.
Whittier, CA 90626



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

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider and employer.