

Vision: Healthy People in Healthy Communities

# PUBLIC HEALTH TALKS



Join us for Public Health Talks, a series of virtual webinars brought to you by Health Education Services at the Martin Luther King Jr. Center for Public Health.

Tune in to learn more about various public health topics, get your questions answered, and share resources for the South LA (SPA 6) community.

## Nutrition 101

Join us for our Tuesday topic on **Nutrition 101**, where we provide a thorough overview of nutrition including definitions of key terms, description of MyPlate, identifying essential food groups and information on how to eat healthy

March 24<sup>th</sup>, 2026

11:00- 12:00 PM

REGISTER HERE:



<https://tinyurl.com/5yvvhj4mk>

For more information contact  
Janay Ezekwe : JEzekwe@ph.lacounty.gov



COUNTY OF LOS ANGELES  
**Public Health**