



Free Nutrition Education Workshops



Dates: Fridays – January 17th, 24th, 31st & February 7th, 2025

Time: 10:15 am

Location: Claude Pepper Senior Center

TOPICS INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.

Limited Spaces Available. Sign up today!

To sign up contact: (310) 559-9677

You can also sign up at **1762 S La Cienega Blvd, Los Angeles, CA 90035**

Eligibility: Persons 60 years or older.