

# \*CAL FRESH 2 WORKSHOP\*

\*(MUST HAVE ATTENDED CAL FRESH 1 WORKSHOP TO SIGN UP)\*



Learn more about nutrition and physical activity  
PLUS, LIVE FOOD DEMONSTRATIONS.

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

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**Dates: Fridays – AUGUST: 9th, 16th, 23<sup>rd</sup> & 30th**

**Time: 10:15 am –11:15 am**

**Location: *Claude Pepper Recreational Senior Citizens Center***

## TOPICS TAUGHT BY A REGISTERED DIETITIAN & 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**



This institution is an equal opportunity provider.  
Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips.  
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