



# Nutrition Workshops

- » Learn how to plan balanced, tasty meals.
- » Get simple strategies for eating healthy.
- » Participate in fun activities and demonstrations
- » **Fridays at 10:00am on Zoom, August 13 – September 17**

For more information or to sign up contact Healthy Aging Association  
[healthy.aging2000@gmail.com](mailto:healthy.aging2000@gmail.com) or (209)525-4670



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