



Nutrition Workshops

- » Learn how to plan balanced, tasty meals.
- » Get simple strategies for eating healthy.
- » Participate in fun activities and demonstrations
- » 5-week series on Zoom, beginning on the following dates:
Mondays at 2:00 pm beginning on October 26th
OR
Mondays at 2:00 pm beginning on November 30th

For more information on how to register please email healthy.aging2000@gmail.com or call our office at (209)525-4670

