

Nutrition Class

All enrolled participants will receive a bonus gift at each class



Come and learn the basics of:

- * Eating Healthy
- * Being Physically Active
- * Meal Planning
- * Shopping Wisely
- * Handling and storing food safely

When?: Wednesday, March 27, April 3, 10, 17, 24, May 1, 8, 15, 2019

Where?: Neighborhood Resource Center
7300 La Palma Ave. Room C-8
Buena Park, CA 90620

Time?: 8:15a.m. – 9:45a.m.



University of California
Agriculture and Natural Resources
Nutrition Education

Presented by: Hilda Perez
**from the University of California Cooperative Extension
Expanded Food & Nutrition Education Program**

For more information contact Cecilia Hinojosa 714-228-3235 or Hilda Perez at 949-301-9182 Ext.1010. If you need any special accommodations, please notify us in advance.



Yes, I will attend the Nutrition Education class starting on Wednesday, March 27, 2019.

Name _____ Telephone _____

Address _____ City _____ Zip Code _____