



Free Nutrition Education Workshops



Get a Taste of Healthy Eating by joining the CalFresh Eat Smart, Live Strong! 3-week Workshop Series.

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

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

Dates: Tuesdays – March 3rd, 10th, 17th, 2026

Time: 1:00 pm

Location: Felicia Mahood MPC

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) 479-4119

You can also sign up at **11338 Santa Monica Blvd, Los Angeles, CA 90025**

Eligibility: Persons 60 years or older