



# NUTRITION CLASS SERIES

Hosted by WelbeHealth

Join us for an informative and engaging series of classes designed to help you make healthier choices and achieve your wellness goals.

 **Adult Recreation Center**  
201 E. Colorado St. Glendale, CA 91205

 **10:00 AM – 11:00 AM**

*Free and open to the community!*

## February 14 – Food Groups & Calories

Understand the basics of balanced nutrition and how to manage your daily caloric intake.

## March 14 – Natural vs. Artificial Sugars

Learn about the differences between natural and artificial sugars and their impact on your health.

## April 11 – Food Labels Pt. 1

Decode the mystery of food labels and make informed decisions about what you eat.


## May 9 – Food Labels Pt. 2

Dive deeper into understanding food packaging and nutritional information.

## June 13 – Importance of Physical Activity and Calories

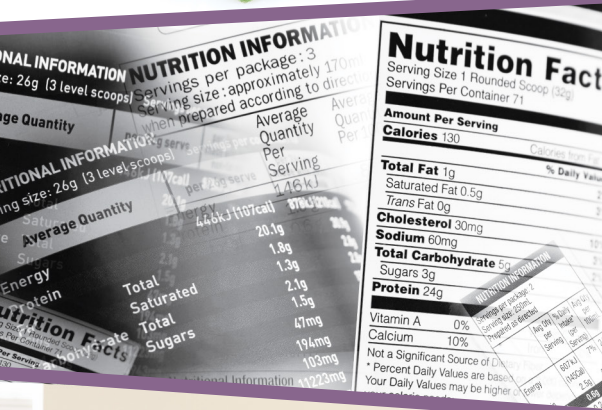
Discover how physical activity and calorie management work together to support a healthy lifestyle.

## RSVP or Questions?

 (818) 548-3775

 [CSPCares@GlendaleCA.gov](mailto:CSPCares@GlendaleCA.gov)

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