



Community Services
& Parks

Parks
Make
Life
Better!

FREE NUTRITION EDUCATION WORKSHOPS

Get a Taste of Healthy Eating by joining the CalFresh Eat Smart, Live Strong!
4-week Workshop Series every Wednesday in June.

TOPICS INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.

DATES: June 4 | June 11 | June 18 | June 25

TIME: 10:00AM-11:00AM

LOCATION:

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

Limited Spaces Available. Sign up today!

FREE GIVEAWAYS FOR THOSE WHO ATTEND.

RSVP or Questions?

(818) 937-7410

✉ CSPCares@GlendaleCA.gov

Eligibility: Persons 60 years or older.

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