Eat Healthy Be Active

Brought to you by Sutter County Public Health-CalFresh Healthy Living Program

Nutrition Education Classes 5-week series, learn how to:

Build a Healthy Plate 8/23/22

Plan Healthy Meals 8/30/22

Shop on a Budget 9/06/22

• What's on a Label 9/13/22

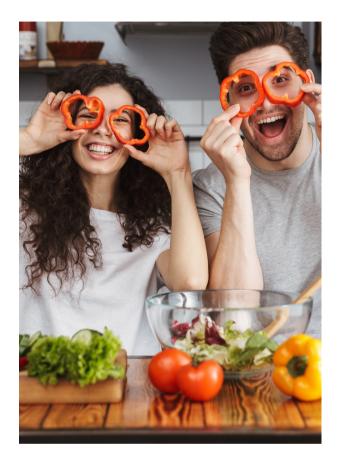
Rethink Your Drink 9/20/22

Cooking demonstrations and taste-testing of healthy recipes at each class!

When: Tuesdays

Time: 6pm-7pm

Location:
Sutter County Public Health
1445 Veterans Memorial Circle
Yuba City, CA 95993



Space is limited, please call to RSVP (530) 822-7215

Children are welcome





