

Healthy Kitchen Lab

A nutrition and cooking demonstration class

Learn how to build quick and nutritious meals on the go! Recipes, ingredients and supplies are all provided. Free and open to all kitchen experience levels.

WEDNESDAYS:

11/12, 11/19, 12/3, 12/10

9:30AM-10:30AM

**POMONA WELLNESS COMMUNITY
750 S. PARK AVE, POMONA CA 91766**

REGISTER:

PWCKITCHEN.EVENTBRITE.COM



**QUESTIONS: 909-802-2650 OR
POMONAWC@PH.LACOUNTY.GOV**

