

# Invest in Self-Care

## WHAT YOU WILL LEARN:

### LESSON 1

WHAT'S ON

A LABEL ANYWAY

February 3rd, 2026

---

### LESSON 2

Rethink Your Drink

February 10th, 2026

---

### LESSON 3

Meal Planning

February 17th 2026

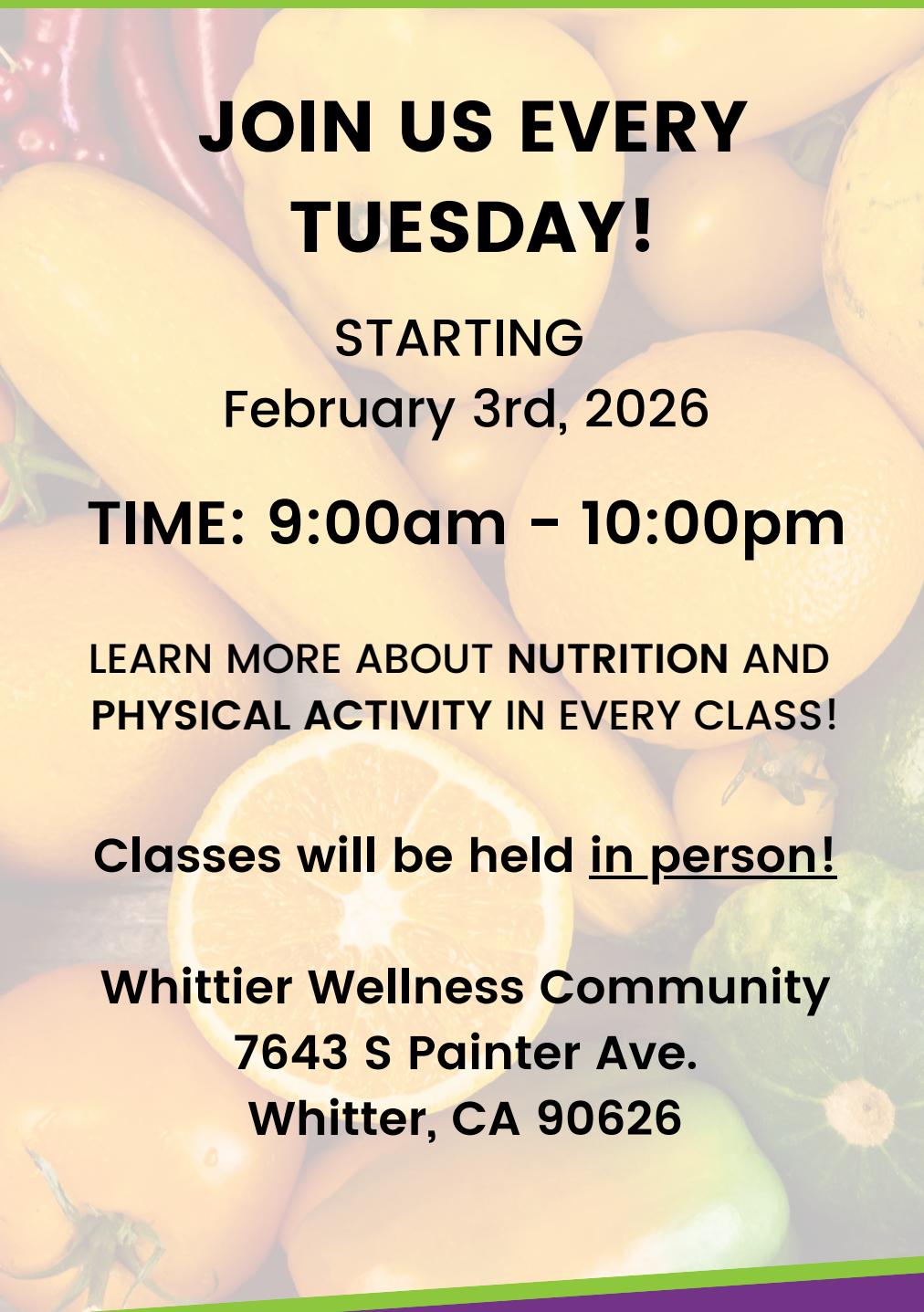
---

### LESSON 4

Using the Food Label

Healthy Meals

February 24th 2026



**JOIN US EVERY  
TUESDAY!**

**STARTING  
February 3rd, 2026**

**TIME: 9:00am – 10:00pm**

**LEARN MORE ABOUT NUTRITION AND  
PHYSICAL ACTIVITY IN EVERY CLASS!**

**Classes will be held in person!**

**Whittier Wellness Community  
7643 S Painter Ave.  
Whitter, CA 90626**



LOS ANGELES COUNTY DEPARTMENT OF PUBLIC HEALTH  
Fostering Hope - Healing - Purpose

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider and employer.