

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.
Whittier, CA 90626**



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

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