



NUTRITION WORKSHOPS

INCLUDES A FREE COOKING UTENSILS KIT

- » Learn how to plan balanced, tasty meals
- » Get simple strategies for eating healthy
- » Participate in fun activities and demonstrations

VIRTUAL | TUESDAYS | 4-5 PM

HOW TO
JOIN



SCAN THIS CODE WITH YOUR PHONE

OR VISIT: [WWW.SURVEYMONKEY.COM/R/PWCFOODSMARTS2022](https://www.surveymonkey.com/r/PWCFOODSMARTS2022)

POMONAWC@PH.LACOUNTY.GOV | 909-802-2650 | PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM



12/20/2021



TALLERES DE NUTRICIÓN GRATUITOS

- » Cómo planear comidas balanceados y sabrosas
- » Simples estrategias para comer saludable
- » Actividades y demostraciones divertidas

VIRTUAL | MARTES | 4-5 PM

**CÓMO
UNIRSE**



ESCANEA ESTE CÓDIGO CON SU TELÉFONO

O VISITAR:

WWW.SURVEYMONKEY.COM/R/PWCFOODSMARTS2022

POMONAWC@PH.LACOUNTY.GOV | 909-802-2650 | PUBLICHEALTH.LACOUNTY.GOV/CHS/PWC.HTM