

Magnolia Park Family Resource Center in Collaboration
with UC Cooperative Extension present

Free Nutrition Classes



Come and learn the basics of:

- ❖ Eating healthy
- ❖ Being physically active
- ❖ Meal planning
- ❖ Shopping wisely
- ❖ Handling and storing food safely

When: Tuesdays, September 19, 26, October 3, 10, 17, 24, November 7 & 14, 2017

Where: Magnolia Park Family Resource Center
11402 Magnolia Street
Garden Grove CA 92841

Time: 6:00 p.m. – 7:30 p.m.

For more information call (714) 530-7413.

Childcare provided for children 3yrs and older. This class
will be facilitated in Spanish.



Presented by: Hilda Perez

From the University of California Cooperative Extension Expanded Food & Nutrition
Education Program