



JOIN OUR NUTRITION CLASS!

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

WHEN

WHERE

LANGUAGE

10/17 1:30 p.m.
10/22 to
10/24
10/29 3:00 p.m.

In person at Taft College
Located within CIL Kitchen

English

For more information contact Taft College's Basic Needs at basic.needs@taftcollege.edu or 661 763 7812.

SCAN TO SIGN UP

25-person limit for all CFHL classes

