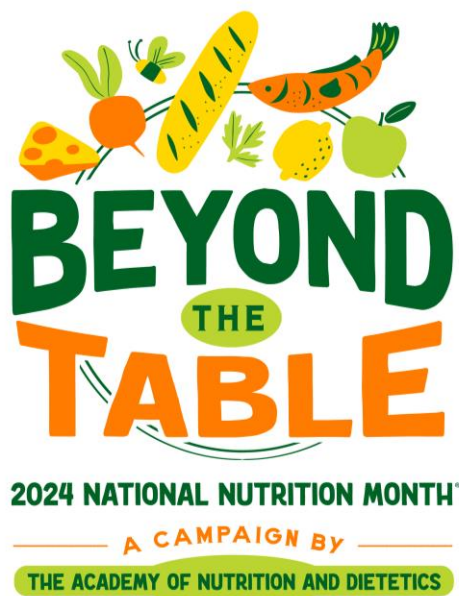


Healthy Eating Class



March is National Nutrition Month. This year we celebrate the importance of getting our nutrients from different food groups while taking care of the environment. Learn more about:

- foods to add throughout the week to prevent diabetes, high blood pressure or cholesterol
- how to use nutrition labels
- how to develop a shopping list for meal preparation ideas to reduce food waste



**5 Healthy Tips
for 2024**

**Set Goals for
Your Health**

**Free Gift, While
Supplies Last!**

**ARROYO VISTA
FAMILY HEALTH
CENTER**

MARCH 16, 2024

**6000 N. FIGUEROA ST.
LA, CA 90042**

**9:00AM – 11:00AM
(SPANISH)**

**2:00PM – 4:00PM
(ENGLISH)**

**ASK FRONT DESK FOR
APPOINTMENT WITH
DIETITIAN TODAY!**