

Nutrition Classes 2022

January

WELL Class Part 1

Begins: (8 weeks)

Cooking Class

1/21/22

February

WELL Class Part 1

Ends

Cooking Class

2/18/22

March

Cooking Class

3/18/22

April

Cooking Class

4/15/22

May

Heart Health Class

Begins: (6 weeks)

Cooking Class

5/20/22

June

Heart Health Class

Ends

Cooking Class

6/17/22

July

Cooking Class

7/15/22

August

Cooking Class

8/19/22

September

WELL Class Part 2

Begins: (8 weeks)

Cooking Class

9/16/22

October

WELL Class Part 2

Ends

Cooking Class

10/21/22

November

Cooking Class

11/18/22

December

***Happy
Holidays***

Call to register 909-864-1097 ext. 4764

****dates subject to change**