

2023 Nutrition Classes

January.

WELL Class Part 1

Begins: (8 weeks)

Cooking Class

1/20/23

February.

WELL Class Part 1

Ends

Cooking Class

2/17/23

March

Cooking Class

3/17/23

April

Cooking Class

4/14/23

May.

Heart Health Class

Begins: (6 weeks)

Cooking Class

5/19/23

June

Heart Health Class

Ends

Cooking Class

6/16/23

July.

Cooking Class

7/21/23

August

Cooking Class

8/25/23

September

WELL Class Part 2

Begins: (8 weeks)

Cooking Class

9/15/23

October

WELL Class Part 2

Ends

Cooking Class

10/20/23

November

Cooking Class

11/17/23

December

**Happy
Holidays**

Call to register 909-864-1097 ext. 4764

****dates subject to change**