BACK TO BASICS WITH FOOD
SEPTEMBER 2024

EL DORADO COMMUNITY HEALTH CENTER
4212 MISSOURI FLAT ROAD, PLACERVILLE
IN THE SIERRA ROOM

Sept. 5	**Build a Healthy Plate**	**4:30- 6:00 PM**
Sept. 12	**Planning Healthy Meals**	**4:30- 6:00PM**
Sept. 19	**Shopping on a Budget**	**4:30-5:45 PM**
Sept. 26	**Re-Think Your Drink**	**4:30- 6:00 PM**

For more information and to register* call Taylor, Health Education Coordinator, at (530) 621-7700 ext. 5068

Please join us for an empowering, enriching & motivational 4-session series covering simple improvements for your diet, gaining skills for LIFE that are easy & tasty.

Nourishing food provided each session
Registration required

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wellness happens here

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CalFresh HEALTHY LIVING