# BACK TO BASICS WITH FOOD
# NOVEMBER 2024

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

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| **Nov. 7** | **Build a Healthy Plate** | **4:30- 6:00 PM** |
| **Nov. 14** | **Planning Healthy Meals** | **4:30- 6:00PM** |
| **Nov. 21** | **Shopping on a Budget** | **4:30-5:45 PM** |
| **Dec. 5** | **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***
***Must be an established EDCHC patient, 18+ years, registration required***

WELL DORADO
wellness happens here

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El Dorado Community Health Centers
(530) 621-7700 • WWW.EDCHC.ORG

CalFresh HEALTHY LIVING