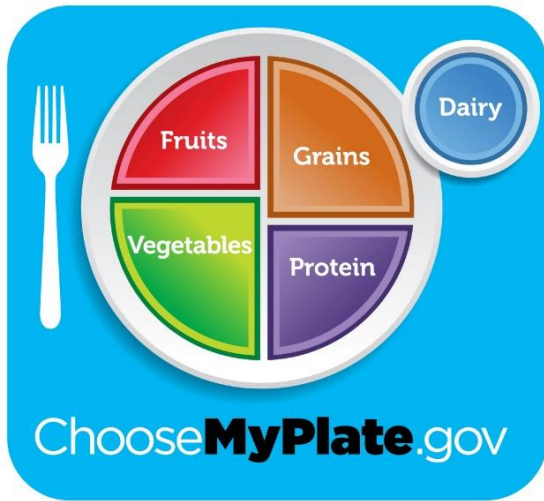


No-Cost Nutrition Education Workshop at Valley Dream Center



Participating Adults will:

- Learn to make healthy food choices on a budget
- Receive recipe demonstrations and tastings
- Receive educational handouts and reinforcement items

Workshop 1 – January 30th, 9a-11p

Workshop 2 – February 6th, 9a-11p

Workshop 3 – February 13th, 9a-11p

Workshop 4 – February 20th, 9a-11a

Workshop 5 – February 27th, 9a-11a

For more information, please contact:

Cesilia Samano-Torres
559-473-1237 Ext. 1103

Tacu Vang
559-241-7540

Location:

**The Valley Dream Center
1835 N. Winery Ave
Fresno, CA 93703**