HEALTHY FAMILIES
Funding Provided by Los Medanos Community Healthcare District

FREE classes start May 2018

Take home a FREE bag of groceries, recipes & more after each class!!!

6 week series of lessons including:
- cooking classes
- healthy food choices
- tips on making quick meals
- eating healthy on a budget
- how to read food labels
- importance of exercise
- community resources
- counseling
- recipes

Located at St. Vincent de Paul Loaves and Fishes Dining Room
1415 Simpson Ct, Pittsburg, CA 94565

Please call to register
(925) 439-2009