

# Join us and learn how to eat healthy and stay active with FREE nutrition and exercise classes for the whole family!



- Learn how to read food labels, shop on a budget, plan meals, and learn new healthy recipes!
- Get fit with exercise demonstrations for adults and children such as yoga, dance, and more!

## CLASSES WILL BE HELD AT

### Pacific Community Center & Park

501 S Pacific Ave. Glendale, CA 91204

### Maple Park and Community Center

820 E Maple St. Glendale, CA 91205

## SEE REVERSE FOR SCHEDULE

### For More Information Please Contact:

(818) 409-8000

Alicia @ ext. 5858, TamayaAN@ah.org

Karla @ ext. 5859, Caileaky@ah.org



For CalFresh information, call 1-877-847-3663.  
Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.