

Ventura County Area Agency on Aging



EAT HEALTHY BE ACTIVE COMMUNITY WORKSHOP QUICK, HEALTHY MEALS AND SNACKS

Come join the fun in this lively workshop designed for people 60 and older. Participants will learn tips for preparing meals quickly and how to make healthy selections when eating out.

This class is free to participants.

Gregory Gardens

9620 Telephone Rd. — Ventura

January 25, 2024

2-3 p.m.

To register call (805) 406-8332 or email dietitian.realfood@ventura.org



California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.