



Community Wellness Program

Nutrition Education Class

Join us for a free online nutrition class and learn to make healthier food choices on a budget.

August Dates: 5, 12, 19, and 26, 2020

Time: 9AM - 10AM

Space is limited. Please register by email or text to the Community Wellness Program at cwp@dignityhealth.org | **661.323.3032**. Registration is required to receive class link.

Participants who attend at least 3 out of the 4 classes in our Nutrition Series will be entered into a raffle to win an Instapot.

