

Learn How to Prepare a Nutritious and Delicious Meal



What:

These classes are designed to teach participants how to prepare a healthy meal. Make eating right part of living right, and join us at ARMC's Serving Up Healthy events listed below:

When:

5:30 p.m. to 7:00 p.m.

Thursday, July 26 (Heart-Healthy Meals)

Wednesday, Sept. 12 (Senior Serving Up Healthy)

Wednesday, Nov. 28 (Diabetic-Friendly Meals)

Where:

Arrowhead Regional Medical Center
Oak Room, First Floor
400 North Pepper Avenue, Colton, CA 92324

Register:

Online at: www.arrowheadmedcenter.org

Or call, 909-580-2537

Each class offers:

- Nutrition information
- Food samples
- Recipes to take home

For more information, call
909-580-3143.

