

Learn How to Prepare a Nutritious and Delicious Meal

**It's
FREE!**



What:

This class is 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 event.

When:

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

- **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, **909-580-3143**.

Each class offers:

- Nutrition information
- Food samples
- Recipes to take home
- Raffle prizes

