

# Learn How to Prepare a Nutritious and Delicious Meal



**It's  
FREE!**

## **What:**

These free 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.

**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](http://www.arrowheadmedcenter.org)

Or call, **909-580-3143**.

## **Each class offers:**

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

