Healthy Food Healthy You

COOKING CLASSES

Health Focus: New Year's Medical Resolutions

Learn how to cook a healthy and affordable meal that you and your family can enjoy! You'll have the opportunity to sample the dish and also get a chance to win great prizes!

Space is limited. Registration required.

Date: Wednesday, January 11th
Time: 10:00 a.m.
Place: Guadalupe & Lilia Martinez Nutrition & Health Learning Center
8116 State HWY 359, Unit C

For more info call 956-728-0210
Healthy Food Healthy You

COOKING CLASSES

Health Focus: Walk into 2017 and Get Rid of Fad Diets and Gimmick Day

Learn how to cook a healthy and affordable meal that you and your family can enjoy! You'll have the opportunity to sample the dish and also get a chance to win great prizes!

Space is limited. Registration is required.

Date: Wednesday, January 18th
Time: 10:00 a.m.
Place: Guadalupe & Lilia Martinez Nutrition & Health Learning Center, 8116 State HWY 359, Unit C

For more info, call 956-728-0210.