



FEAST

FOOD • EDUCATION • ACCESS
SUPPORT • TOGETHER

HEALTH AND WELLNESS CLASSES

Through Food, Education, Access and Support, Together we can create a more nutritious life

INFORMATION SESSION

LEARN MORE ABOUT OUR 16-WEEK WELLNESS PROGRAM. RECEIVE FREE VEGETABLES AND INGREDIENTS TO MAKE RECIPES AT HOME.

TUESDAY, OCT 13
10-11AM

ZOOM
MEETING ID: 951 5684 0783

NUTRITION WORKSHOPS

TUESDAYS AT 2PM-3PM

OCT 13
OCT 20
OCT 27

LEARN SKILLS LIKE HOW TO READ A NUTRITION LABEL AND HOW TO SHOP FOR HEALTHIER ITEMS

ZOOM
MEETING ID: 965 6723 9027

ZUMBA

EVERY FRIDAY
9 TO 10 AM
AND
6 TO 7 PM

ZOOM
MEETING ID: 953 454 4724