

University of California Nutrition Education Virtual Workshops



Take advantage of these free online workshops that will teach you the importance of nutrition in order to help make healthy meals for your family. Learn to cook your favorite home cooked meals with a healthy touch! The duration of the workshop is 5 weeks.

Dates:

Wednesday's, 1:00-2:00 pm

- October 21, 2020
- October 28, 2020
- November 4, 2020
- November 18, 2020
- December 2, 2020



Classes will be given via **zoom**

To register please visit omsd.net/domain/104 & click on the link 'Registration Form'
or call (909) 418-6715.