

Healthy Food Healthy You

COOKING CLASSES

Free

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**

Free

**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.