

# Nutrition Workshops with Alejandra Curtis Tucker Community Wellness Center FREE!

Don't feel stuck on a diet without making real, lasting progress.  
Enjoy a healthy lifestyle that lasts forever.  
If you want different results for you and your family, this is the opportunity.

**Workshop 1:**  
Exploring Our History with food.  
Creating Our Nutrition Goals.

**Workshop 2:**  
A Plant-Focused Diet.  
Creating a Healthy Plate.

**Workshop 3:**  
Food processing and fast food  
Which foods are healthy to eat every day and  
which are better to avoid.

**Workshop 4:**  
Understanding Nutrition Labels and their  
Nutritional Ingredients.  
Choose better foods to take home.

**Workshop 5:**  
How much sugar does your favorite drink  
have?  
Did you know that sleep is important for your  
mental health and weight control?

Healthy recipe demonstrations in each class.



9:00 AM - 10:30 AM

Thursday's April 28<sup>th</sup> - May 26<sup>th</sup>, 2022

## Location:

The Curtis Tucker Wellness Center  
123 W. Manchester Blvd.  
Inglewood, CA 90301

Number: (310) 419-5325

Parking is Available

Certificate of  
completion  
4 or more classes  
Raffle at the end of  
the series

For more information or register  
Send a message to Alejandra at (424) 261-2482  
or email [mreyes@ccharities.org](mailto:mreyes@ccharities.org)



This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. This institution is an equal opportunity provider and employer.