

2025 Nutrition Classes & Events

January

WELL Classes Part 1
(4 classes)

Cooking Class
1/17/25

February

Cooking Class
2/21/25

March

**Food Fair &
Conference**
3/13/25
Cooking Class
3/21/25

April

Cooking Class
4/18/25

May

Sr. Nutrition BBQs
WELL Classes Part 2
(4 classes)

Cooking Class
5/16/25

June

**Summer
Break**

July

Cooking Class
7/18/25

August

**Breastfeeding
Events**
Cooking Class
8/15/25

September

WELL Classes Part 3
(4 classes)

Cooking Class
9/19/25

October

**Remember Me
Walk**
Cooking Class
10/17/25

November

Cooking Class
11/21/25

December

**Happy
Holidays**

Call for details 909-864-1097 ext. 4840

**dates subject to change