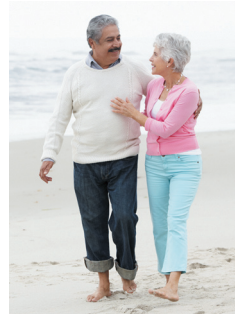


Free Community Seminar

Shop, Prep & Cook for a Healthier You



Tuesday, September 17, from 1:30 to 3 p.m.

Casa Colina Hospital and Centers for Healthcare, Casa Colina Hospital Cafe, Building 2
255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



Melanie Barbee, MS, RDN, CDCES, DipACLM
Registered Dietitian with Western University of Health Sciences and Certified Diabetes Care & Education Specialist

Join us to learn about:

- Crafting and sampling healthier dressings for dips and salads, plus quick and easy snacks
- Selecting nutritious food within your budget
- Making sense of food labels and ingredients on packaging
- Saving time by preparing meals in advance
- Tips for wholesome cooking

Three easy ways to register!

- Call 866/724-4132
- Online at casacolina.org/communityevents
- Scan the QR code

Refreshments will be served and space is limited.



www.casacolina.org •    

