The Latest News on Healthy Eating!
FREE Classes for members age 18+

Space is Limited - Register Now!

To register or have questions, please call: (408) 573-9686 ext. 8711

You will receive a gift if you attend all four “Healthy Eating Classes”

What Is A Healthy Diet?
Date: 7/8/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

Nutrient Lacking in Asian Diets
Date: 7/15/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

Food Labels
Date: 7/12/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

Sugar and Your Weight
Date: 7/29/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

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Chinese 注意: 如果您使用中文，您可以免费獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。