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: 7/22/2019 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，您也可以免费获得语言援助服务。请致电 (415) 391-9686 转内线 8160 (TTY: 1-800-735-2929)。