









January Nutrition Classes

| Date/Time | Location | Address | Class Title |
|-----------------------------------|--|--|---|
| 01/08/25 09:00am to 10:00am | Janet Goeske Center  | 5257 Sierra St Riverside | Build a Healthy Plate English |
| 01/08/25 10:00am to 11:00am | Janet Goeske Center  | 5257 Sierra St Riverside | Build a Healthy Plate Spanish |
| 01/13/25 1:00pm to 1:30pm | Cathedral City Senior Center  | 37171 W Buddy Rogers Cathedral City | Build a Healthy Plate Spanish |
| 01/13/25 9:30am to 10:30am | Eddie D Smith Senior Center  | 5888 Mission Blvd Jurupa Valley | Build a Healthy Plate English |
| 01/14/25 9:30am to 10:30am | Banning Senior Center  | 769 N San Gorgonio Banning | Build a Healthy Plate English |
| 01/14/25 10:30am to 11:30am | Banning Senior Center  | 769 N San Gorgonio Banning | Build a Healthy Plate Spanish |
| 01/22/25 12:00pm to 01:00pm | Rose M. Elridge Senior Center | 2690 Clark Ave. Norco | Build a Healthy Plate English |









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

The materials or products were a result of a project funded by a contract with the California Department of Aging.



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|-----------------------------------|--|------------------------------------|---|
| 01/23/25 09:00am to 10:00am | Hemet WIC  | 1055 N. State St Hemet | Build a Healthy Plate English |
| 01/23/25 10:00am to 11:00am | Hemet WIC  | 1055 N. State St Hemet | Build a Healthy Plate Spanish |
| 01/27/25 09:30am to 10:30am | Eddie D Smith Senior Center  | 5888 Mission Blvd Jurupa Valley | Build a Healthy Plate Spanish |
| 01/29/25 10:30am to 11:30am | Blythe Senior Center  | 455 N. Broadway Blythe | Build a Healthy Plate Spanish |
| 01/29/25 11:30am to 12:30pm | Blythe Senior Center  | 455 N. Broadway Blythe | Build a Healthy Plate English |
| 01/29/25 10:00am to 11:00am | Jurupa Valley WIC  | 8876 Mission Blvd Jurupa Valley | Build a Healthy Plate Spanish |



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