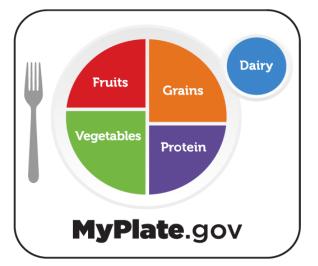
FREE Nutrition Classes!

Christ Cathedral in coordination with Catholic Charities invites you to participate in nutrition classes

Dates: Friday, April 8th, 2022 Friday, April 22nd, 2022 Time: 8:00 pm – 9:00 pm Location: 13280 Chapman Ave. Garden Grove, CA 92840 (Large Gallery)





Free <u>exercise routines</u> on VouTube CCOC CalFresh Healthy Living

For more information or to register

Text/Call : (714) 347-9646 Email : cfhl@ccoc.org



This material was funded by USDA's Supplemental Nutrition Assistance Program-Education. This institution is an equal opportunity provider. For healthy tips visit CalFreshHealthyLiving.org