

# FREE Nutrition Classes!

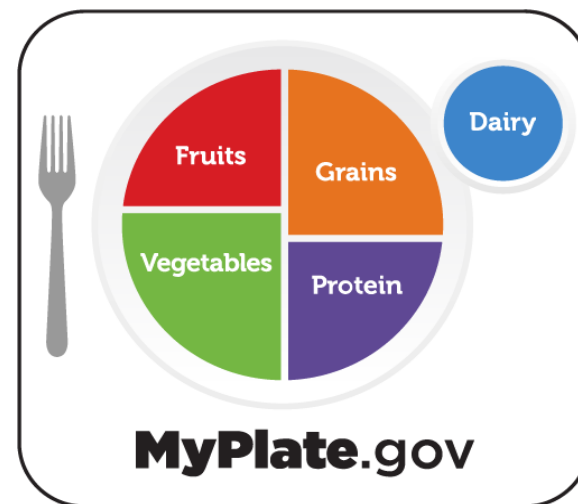
Christ Cathedral in coordination with Catholic Charities invites you to participate in nutrition classes

**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 [exercise routines](#) on  YouTube  
CCOC CalFresh Healthy Living

**For more information or to register**

Text/Call : (714) 347-9646

Email : [cfhl@ccoc.org](mailto:cfhl@ccoc.org)