



Creating Healthier Lives

Monthly Nutrition Classes

Every Third Wednesday of
every month!

Beginning March 15th
10:30AM-12:30PM

**@Rialto Certified
Farmer's Market**

150 S. Palm Ave., Rialto, CA
92376

Learn How to:

- Eat and cook healthier
- Buy fruits and vegetables on a budget
- Double your SNAP/EBT benefits with the Rialto Certified Farmers' Market (up to \$10)

Attendees could earn up to \$40 to spend at the market.

Call (909) 820-2519 for more details.

FOR MORE CLASS INFORMATION PLEASE VISIT
YOURRIALTO.COM

Rialto Certified Farmers' Market | 150 S. Palm Ave., Rialto, CA 92376

**CREATING HEALTHIER LIVES
NUTRITION CLASS SCHEDULE
2023**

MARCH

10:30a
to
12:30p Wednesday,
March 15th
(First Class)

APRIL

10:30a
to
12:30p Wednesday,
April 19th

MAY

10:30a
to
12:30p Wednesday,
May 17th

JUNE

10:30a Wednesday,
to June 21st
12:30p

JULY

10:30a
to
12:30p Wednesday,
July 19th

AUGUST

10:30a
to
12:30p Wednesday,
August 16th

SEPTEMBER

10:30a
to
12:30p Wednesday,
September 20th

OCTOBER

10:30a Wednesday,
to October 18th
12:30p

NOVEMBER

10:30a
to
12:30p Wednesday,
November 15th

DECEMBER

10:30a
to
12:30p Wednesday,
December 13th
(Last Class)

