

# MI COCINA, SU COCINA

**WEAVING HEALTH AND WELLNESS:  
THREADS OF COMMUNITY,  
NUTRITION, AND COOKING**

**DATE: MARCH 20, MARCH 27,  
APRIL 10, APRIL 24, MAY 1**

**TIME: 9:30AM-11:30AM**

**LOCATION: QUECHAN SENIOR  
NUTRITION CENTER, 472  
QUECHAN DR, WINTERHAVEN,  
CA 92283**

## CLASSES

- 1 The Carbohydrate Connection
- 2 Power Up with Protein
- 3 Fuel Up with Fats
- 4 Tiny but Mighty: The Power of Micronutrients
- 5 Graduation & Celebration

## AT EACH CLASS

- ✓ Gain Insights into Nutritious Eating
- ✓ Learn New Skills to Promote Wellness
- ✓ Watch Live Cooking Demonstrations & Eat Delicious Food
- ✓ Free Health Screenings (Blood Pressure, Heart Sounds)

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT  
MELISSA MILLS AT 928-977-2645**

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