

MI COCINA, SU COCINA

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

**DATE: THURSDAY,
APRIL 24, 2025**

TIME: 9:30AM-11:30AM

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

CLASS 4: MICRONUTRIENTS TINY BUT MIGHTY



**Identify Essential Micronutrients in the Foods
You Eat and Their Health Benefits**



**Learn How Vitamins and Minerals Support
Your Wellness and Prevent Disease**



**Watch Live Cooking Demonstrations
Featuring Micronutrient-Rich Meals**



**Free Health Screenings (Blood Pressure,
Vitamin Deficiency Checks, and More)**

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

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