

January / Enero

2019



Classes are free and open to the community / Clases son gratis y abiertas a la comunidad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 VFC HOLIDAY ~ * ~ * ~ Clinic Closed Clinica Cerrada	2	3	4
7	8	10:30 am Cooking Demo Stephanie	10:30 am Cooking Demo Theresa 3:00 pm Cooking Demo Temple Akiba	11
14	15	10:30 am Cooking Demo Stephanie	10:30 am Cooking Demo Theresa 3:00 pm Cooking Demo MSMU	18
21	3:00 pm Cooking Demo MSMU	10:30 am Cooking Demo Stephanie	24	1:00 pm Cooking Demo Theresa
28	3:00 pm Cooking Demo MSMU	10:30 am Cooking Demo Stephanie	31	

All cooking classes are taught at / *Todas las clases de cocinar serán en*

Irma Colen Health Center, 4700 Inglewood Blvd., Culver City, CA 90230

Classes subject to change / Clases son disponibles a cambiar

Health Education Department / Departamento de Educación de Salud (310) 664-7525