

# HEAL AROUND THE TABLE

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## VIRTUAL NUTRITION CLASS

### JOIN US FOR A FREE CLASS!

Let's unite and heal around the table!

We welcome all of you to join in a **virtual cooking workshop** to learn, share, ask questions, and connect.

We will offer great tips on **how to feed your family**, **find joy** in food, and **save money**.



### DETAILS

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**DATE:** May 26, 2021

**TIME:** 4:00pm-4:45pm

**CLICK HERE  
TO REGISTER**

### MORE INFORMATION

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#### PLEASE CONTACT

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CalFresh Healthy Living supports Live Well San Diego, the County vision of a region that is Building Better Health, Living Safely, and Thriving. Made possible by funding from the Centers for Disease Control and Prevention through the County of San Diego Health and Human Services Agency.

