







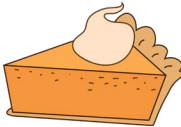


## November 2022 Nutrition Classes and Events

Monday	Tuesday	Wednesday	Thursday	Friday
31 NOLP CLOSED	1 	2	3 <u>Let's Talk Turkey!</u> Class @NoHo 11am - 12pm	4 First Friday NOLP DGC OPEN 9-12:30pm
7 NOLP CLOSED	8	9 <u>Let's Talk Turkey!</u> Class @DGC 11am - 12pm	10 <u>Let's Talk Turkey!</u> (Virtual) en Espanol Class @ 1pm	11
14 NOLP CLOSED	15 TURKEY WEEK 	16 TURKEY WEEK 	17 TURKEY WEEK 	18 TURKEY WEEK 
21 NOLP CLOSED	22	23	24 	25 
28 NOLP CLOSED	29 <u>Added Sugars</u> Class @Long Beach 9am-10am	30 	1	2 



To reserve a spot in class:  
Scan QR code with your camera to sign up on-line



Leave your name, phone number, NOLP number and the date of the class you plan to attend.

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