


NATIONAL NUTRITION MONTH: March 2024 Nutrition Classes and Events

Monday	Tuesday	Wednesday	Thursday	Friday
NOLP Closed				1 
NOLP Closed	5 	6 <u>Nutrition Class – Diabetes With Food Demo</u> @Geffen 11am Free gifts and raffles!	7 <u>Nutrition Class – Nutrition 101</u> @NoHo 9am Free gifts and raffles!	8
NOLP Closed	12 	13 <u>Nutrition Event – Recipes with Food Pantry Items</u> @Geffen 9am	14 <u>Nutrition Event – Recipes with Food Pantry Items</u> @NoHo 10am <u>Nutrition Event – Recipes with Food Pantry Items</u> @CDU 10am	15 
NOLP Closed	19 	20 <u>Nutrition Event – Create Your Own Trail Mix</u> @Geffen 9am	21 <u>Nutrition Event – Create Your Own Trail Mix</u> @NoHo 9am	22 
NOLP Closed	26 	27 <u>Nutrition Class – Hypertension With Food Demo</u> @Geffen 11am Free gifts and raffles!	28	29 <u>Nutrition Event – Meatless Taste Test Friday</u> @Geffen 9am

Geffen = 611 S. Kingsley Drive, Los Angeles, CA 90005 | Noho = 7336 Bellaire Avenue, North Hollywood, CA 91605 | CDU= 1679 E. 120th Street, Los Angeles, CA 90059

To reserve a spot in class: Contact G.Negrete at 213.201.1478, gnegrete@aplahealth.org OR Pedro Banuelos at 213.201.1663, pbanuelos@aplahealth.org

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