

# UCCE Connects to You!

Making nutrition education available to all Californians



## Learn how to be healthy at home with our new **VIRTUAL** workshop Series: *UCCE Connects to You!*

Participants can complete this healthy living workshop series at home through live online lessons and study-at-home materials. Each lesson includes healthy recipes and useful tips. Connect regularly with University of California nutrition educators by video chat to review lesson content, ask questions and get support. Upon completing the program, participants will receive a graduation certificate and healthy living reinforcement items. This program is provided in English and Spanish. Our goal is to improve the health of families in California.

### Participants will learn how to...

- Make healthy food choices.
- Save money at the grocery store.
- Keep their families fit and healthy.
- Plan and prepare low-cost, tasty meals.



**UNIVERSITY OF CALIFORNIA**  
Agriculture and Natural Resources



FRANK D. LANTERMAN  
REGIONAL CENTER

**3:30P.M.-5:30P.M.**

**English Session**  
**Tuesdays!**

**6/07/2022:** Introduction & Registration

**6/14/2022:** Get Moving! & Plan, Shop & Save

**6/21/2022:** Fruits & Veggies & Whole Grains

**6/28/2022:** Build Strong Bone & Go Lean with Protein

**7/05/2022:** Make A Change!

**7/12/2022:** Celebrate! Eat Smart, Be Active

Space is limited. Please complete the registration form using the link:

<https://us02web.zoom.us/join/tZAocQqhrD4rHNROBloYAVZJhXwvTyxIInio>

For more information please contact us at (213) 252-4986 ask for Mr. Joe Perales



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