

Eat Healthy, Be Active

Spring 2021

Join us for a 4 week workshop series based on current dietary and physical activity guidelines.

All workshops will take place via Zoom ID: 857 5693 2781
from 3:10 PM - 4:15 PM

College Nutrition 101

**Mar.
2**

Eating Healthy on a Budget

**Mar.
9**

Eating Healthy and Saving Time

**Mar.
16**

Exercising as a College Student

**Mar.
23**

**Students who attend all 4 sessions will be entered into a raffle to win a crockpot!
*Multiple crockpots will be raffled off!***



<http://www.calstatela.edu/studenthealthcenter/events>



(323) 343-3340