



Free Nutrition Education Event



Get a Taste of Healthy Eating by joining the Wiser Dining Events

Learn more about nutrition with
LIVE FOOD DEMONSTRATIONS.

FREE GIVEAWAYS FOR THOSE THAT ATTEND.

Eligibility: Persons 60 years or older.

March 13, 2025 - 11:00 AM
Tuttle Senior Center
1731 N Ontario St. Burbank, CA 91505

March 18, 2025 - 11:00 AM
Joslyn Adult Center
1301 W Olive Ave, Burbank, CA 91506

March 25, 2025 -11:00 AM
McCambridge Recreation Center
1515 N Glenoaks Blvd. Burbank, CA 91504

TOPICS INCLUDE:

- Budget friendly eating tips.
- How to prepare healthy, quick meals and snacks.
- Ways to include exercise into your day.
- Helpful food facts.