

NUTRITION WITH ALMA



EVERY **1ST & 3RD**
FRIDAY
11:00AM-12:30PM

Make easy meals together and
improve your hand-eye
coordination through cooking!



FEATURING ALMA PEREZ WITH
HEALTHY MINDS HEALTHY AGING



NUTRICIÓN CON ALMA



CADA **PRIMERO &**
TERCERO VIERNES
11:00AM-12:30PM

¡Preparen comidas fáciles juntos y
mejoren su coordinación ojo-mano
mientras cocinan!



FACILITADO POR ALMA PÉREZ CON
HEALTHY MINDS HEALTHY AGING



INNOVATIONS COMMUNITY CENTER

3281 Solano Ave Napa, CA • (707) 259-8692

Mon - Fri 8:00am - 2:00pm or by appointment



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