



BLUE ZONES

ACTIVATE
MEAD VALLEY



FREE NUTRITION CLASS FOR SENIORS

Simple, healthy eating tips
Fun & engaging sessions
Connect with others

Make the healthy choice the easy choice! Learn simple, delicious ways to nourish your body, boost energy, and support lifelong well-being.

Starting in May - Every Wednesday

10:15 AM - 11:30 AM

Mead Valley Community Center (Banquet Hall)
21091 Rider St. Perris, CA 92570

live better, longer™