

# Healthy Eating Class



Presented by: PSJHC Outpatient  
Nutrition & Diabetes Education Department

**Free** quarterly class open to the community! This is a great class for those with high blood pressure, high cholesterol, high triglycerides, pre-diabetes or anyone interested in tips and tricks for a healthier diet and lifestyle.



## 2020 Quarterly Class

### Dates:

February 6<sup>th</sup>

May 7<sup>th</sup>

August 6<sup>th</sup>

November 5<sup>th</sup>

*Free valet parking with class  
validation*



## Quarterly Classes

**Time:** 12:00PM-1:00PM

**Location:** Providence  
Saint John's Health Center  
2121 Santa Monica Blvd,  
Santa Monica, CA 90404

**Conference Room 3 (CSS3)**

**\*Must RSVP** to attend class, please contact the Outpatient Nutrition & Diabetes Education Department

**Website:** [california.providence.org/saint-johns/services/nutrition-diabetes-education/](http://california.providence.org/saint-johns/services/nutrition-diabetes-education/)

**Phone:** (310) 829-8889

**Email:** [saintjohnsdietitians@providence.org](mailto:saintjohnsdietitians@providence.org)



*\*Classes are subject to cancellation,  
please RSVP to reserve a spot and  
adequate attendance (3+) required for  
class to continue. Dates are tentative*

**Saint John's  
Health Center**  
 PROVIDENCE Health & Services