



HEALTHY FAMILIES

Funding Provided by Los Medanos
Community Healthcare District

FREE classes start May 2018

Take home a
FREE bag of
groceries,
recipes & more
after each
class!!!



FREE
childcare
& activities
on site!!

6 week series of
lessons including:

- cooking classes
- healthy food choices
- tips on making quick meals
- eating healthy on a budget
- how to read food labels
- importance of exercise
- community resources
- counseling
- recipes

Located at St. Vincent de Paul
Loaves and Fishes Dining Room
1415 Simpson Ct, Pittsburg, CA 94565

Please call to register
(925) 439-2009



RotaCare Pittsburg
Free Medical Clinic
at St. Vincent de Paul

