



Free Workshop – Nutrition Basics: Eat Better, Think Better, Feel Better

Presented by Sharp HealthCare

Monday, April 8, 2019

10 to 11 a.m.

Valencia Park/Malcolm X Branch Library

5148 Market Street

San Diego, CA 92114

What you eat impacts the way your body functions. Eating poorly or well can make a big difference in both your physical and mental health. Attend this free workshop to learn about balanced diets, daily recommendations for fruits and vegetables and more.

To register, call 1-800-82-SHARP (1-800-827-4277) or visit sharp.com/citywellness.

Sharp HealthCare is proud to be the official Health and Wellness Partner of the City of San Diego.