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

Presented by Sharp HealthCare

Wednesday, January 23, 2019
1 to 2 p.m.
Skyline Hills Branch Library
7900 Paradise Valley Road
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.

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