

Plan Your Plate



1st Wednesday of the Month

4:00 - 5:00pm

Shasta Community Health Center
1035 Placer St. Redding, CA 96001



Find easier ways to plan your meals through balancing carbs, proteins, fats, and portion sizes. There will be a simple food demonstration and healthy recipe examples.

Meets monthly with a Registered Dietitian (RD).



For questions or more information

Call: (530) 229-5115

Visit: www.shastahealth.or/education



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