

Pit River Health Service, Inc.

Nutrition Classes

Eat Better, Feel
Better

All Ages
Welcome

Incentive
Opportunities

Families will learn about nutrition and healthy food choices. Families will then apply what they have learned to make healthy meals in class that they can replicate at home.



Raffle Incentives Include:

- Slow Cooker
- Spice Rack
- Fry Pan
- Colander

Starting-Friday, March 21st at 1:00 p.m.

Every 3rd Friday of the month from 1-2pm

**Location: Pit River Outreach Center at Bear
Creek 701 Main Street, Suite C4 Alturas, CA
96101**

Call (530)335-0617 for more information



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Nutrition Classes



Class Schedule

Dates:	Topic to be Presented:
03/21/2025	Top 10 Ways to Improve Blood Sugar and Weight
04/18/2025	Why a triglyceride above 250 Should Make You Worry
05/16/2025	Newest Medications for Diabetes
06/20/2025	Supermarket Psychology
07/18/2025	How It Is Possible to Have Long Term Remission of Type 2 Diabetes

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