

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.



Incentives Include:

- Slow Cooker
- Spice Rack
- Fry Pan
- Colander

Starting-Friday, March 14th at 1:00 p.m.

Every 2nd and 4th Friday of the month from 1-2pm

Location: Pit River Senior Nutrition Center

36970 Park Ave. Burney, CA 96013

Call (530)335-0617 for more information



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Nutrition Classes



Class Schedule

Dates:	Topic to be Presented:
12/13/2024	Top 10 Ways to Improve Blood Sugar and Weight
12/27/2024	Winter Stew
01/10/2025	Why a triglyceride above 250 Should Make You Worry
01/24/2025	Taco Three Bean Soup
02/14/2025	Class Canceled
02/28/2025	Three Sisters Stir-Fry
03/14/2025	Supermarket Psychology
03/28/2025	Black Bean and Corn Salsa
04/11/2025	How It Is Possible to Have Long Term Remission of Type 2 Diabetes
04/25/2025	Avocado Chicken Salad

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