

Free Community Seminars

It's a New Year, Put Your Heart Into It!

Tuesday, March 11 from 2:00 to 3:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767

Join us to learn about:

- How diabetes affects your heart
- What is a "healthy fat"?
- Improve cholesterol with simple lifestyle changes
- Adding fiber for a healthy heart
- Question and answer session

Cooking for a Healthier You

Tuesday, March 25 from 2:00 to 3:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Casa Colina Hospital Cafe, Building 2
255 East Bonita Avenue (at Garey), Pomona, CA 91767

Join us for a cooking demo and discussion:

- Crafting and sampling healthier meals and quick and easy snacks
- Making sense of food labels and ingredients on packaging
- Selecting nutritious food within your budget
- Tips for wholesome cooking
- Saving time by preparing meals in advance
- Question and answer session



PRESENTED BY

Melanie Barbee, MS, RDN, CDCES, DipACLM

Registered Dietitian with WesternU
and Certified Diabetes Care &
Education Specialist

Three easy ways to register!

- Call 866/724-4132
- Online at casacolina.org/communityevents
- Scan the QR code

Refreshments will
be served and
space is limited.



www.casacolina.org •