

# HEALTH WORKSHOPS

The Parks, Recreation and Community Services Department in partnership with Youthful Joy Foundation will offer a series of **FREE** health workshops for the community. Classes will take place on **Saturdays** from 11:00 a.m.-1:00 p.m.

## CAREGIVER COOKING WORKSHOPS

February 22, 2025 and April 26, 2025  
11:00 a.m. - 1:00 p.m.

This program engages parents and encourages healthy eating habits at home and in the community.

## FAMILY COOKING CLASSES

March 22, 2025 and March 29, 2025  
11:00 a.m. - 1:00 p.m.

Our Family Cooking Class is a series of two 2-hour lessons that engage caregivers, students, and extended family members in essential cooking tips and skills. Participants will collaborate to prepare a nutritious meal for a family of four. Recipes will highlight specialty crops from California, showcasing the unique flavors and benefits of local produce.



**ROGERS PARK**  
**400 W. BEACH AVENUE**  
**INGLEWOOD, CA 90302**



*Youthful Joy*  
Foundation

**Register online at:** [parksrec.cityofinglewood.org](https://parksrec.cityofinglewood.org)



*\*Food will possibly be served. All food allergies must be stated.*

**For additional information contact: Anjanette Hogan, MD at [dochoganeyf4kids.org](mailto:dochoganeyf4kids.org)**