

Keck School of
Medicine of USC

The
Wellness
Center
AT THE HISTORIC GENERAL HOSPITAL

Healthy Cooking

WITH CHEF PABLO

Weekly
Gift Card
Raffle


Every Tuesday Online Free
12:15-1:15PM


The Keck School of Medicine Primary Care Program is collaborating with the Los Angeles County Wellness Center to provide nutrition, pre-diabetic and diabetic health classes. Learn how to prepare a healthy meal alongside a nutrition chef and medical students. Get recipes and nutrition tips. Classes are with USC students, faculty, and Chef Pablo.

- Sep. 8 My plate
- Sep 15 Proteins
- Sep. 22 Fats
- Sep. 29 Carbohydrates
- Oct. 6 Fruits and Vegetables
- Oct.13 Sugary Beverages
- Oct. 20 Portions
- Oct. 27 Healthy Snacks
- Nov. 3 Food Labels
- Nov. 10 Hemoglobin A1c/Cholesterol
- Nov. 17 What is Diabetes?
- Dec. 1 Diet Related Diseases

Join Online

Zoom Meeting ID
930 2579 7831
or Facebook Live

 @TheWellnessCenterLA

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To Register Call:
213-784-9191

Primary Care Program & The Wellness Center

Fall 2020