



# Ventura County Area Agency on Aging

Join the VCAAA's Senior Nutrition Program Registered Dietitians for this special class line-up designed to guide individuals 60 and older as they navigate eating healthy on a budget. All classes are free to participants.

## *Tips for Organizing Your Refrigerator*

September 13<sup>th</sup>, 2022

1:30 p.m. – 2:00 p.m.

## *Fruit and Vegetable Daily Recommendations*

September 20<sup>th</sup>, 2022

1:30 p.m. – 2:00 p.m.

**Class will be held via Zoom**

To register call 805-406-8332 or e-mail [Dietitian.RealFood@ventura.org](mailto:Dietitian.RealFood@ventura.org).



**COUNTY of VENTURA**  
Area Agency on Aging