

SPRING INTO HEALTH: FRESH SPRING ROLL MAKING WORKSHOP

Celebrate the season with fresh flavors and healthy eating! In this fun and interactive workshop, you'll learn how to make colorful, nutrient-packed spring rolls using wholesome ingredients and vibrant herbs. Perfect for anyone looking to enjoy nutritious meals that are as fun to make as they are to eat.



Wednesday, May 14th, 2025
From 2:00 PM- 3:00 PM

Whittier Wellness Community
7643 S Painter Ave.
Whittier, CA 90602

Space is limited to
the first 15
participants—
reserve your spot
today!

For questions & to reserve your spot:
(562) 775-6104

PRIMAVERA HACIA LA SALUD: TALLER DE ELABORACIÓN DE ROLLITOS DE PRIMAVERA FRESCOS

¡Celebra la temporada con sabores frescos y una alimentación saludable! En este divertido e interactivo taller, aprenderás a preparar rollitos de primavera coloridos y nutritivos con ingredientes saludables y hierbas vibrantes. Ideal para quienes buscan disfrutar de comidas nutritivas que son tan divertidas de preparar como de comer.



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