

February 2020 Kern County Aging & Adult Services CDA Healthy Living Presentations:

**Eat Healthy, Be Active Community Workshops; Eat Smart, Live Strong; and
Staying Healthy Through Education and Prevention - * New locations and classes added! ***

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Date	Class	Time	Location	Address
February 3	Eat Smart, Live Strong	1:30 PM to 2:30 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
February 4	Young at Heart	10:00 AM to 10:30 AM	Delano Community Center	925 Ellington, Delano, CA 93215
February 5	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Bakersfield Community House	2020 R Street, Bakersfield, CA 93301
February 5	Eat Smart, Live Strong	10:00 AM to 11:00 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
February 5	Staying Healthy Through Education	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
February 7	Eat Smart, Live Strong	10:00 AM to 11:00 AM	St John Manor Senior Apartments	900 4th Street, Bakersfield, CA 93304
February 7	Eat Smart, Live Strong	10:30 AM to 11:00 AM	East Niles Senior Center	6601 Niles Street, Bakersfield, CA 93304
February 12	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Bakersfield Community House	2020 R Street, Bakersfield, CA 93301
February 13	Health Fair (Indirect Ed)	1:00 PM to 2:30 PM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
February 14	Eat Smart, Live Strong	10:00 AM to 11:00 AM	St John Manor Senior Apartments	900 4th Street, Bakersfield, CA 93304

Date	Class	Time	Location	Address
February 19	Health Fair (Indirect Ed)	9:30 AM to 12:00 PM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
February 19	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Bakersfield Community House	2020 R Street, Bakersfield, CA 93301
February 19	Staying Healthy Through Education	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
February 20	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
February 21	Eat Smart, Live Strong	10:00 AM to 11:00 AM	St John Manor Senior Apartments	900 4th Street, Bakersfield, CA 93304
February 21	Staying Healthy Through Education	10:30 AM to 11:00 AM	East Niles Senior Center	6601 Niles Street, Bakersfield, CA 93304
February 24	Eat Healthy, Be Active	1:30 PM to 2:30 PM	Lowell Place Sr Apartments	500 R Street, Bakersfield, CA 93304
February 26	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Bakersfield Community House	2020 R Street, Bakersfield, CA 93301
February 27	Eat Healthy, Be Active	10:00 AM to 11:00 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
February 28	Eat Smart, Live Strong	10:00 AM to 11:00 AM	St John Manor Senior Apartments	900 4th Street, Bakersfield, CA 93304
February 28	Staying Healthy Through Education	10:30 AM to 11:00 AM	East Niles Senior Center	6601 Niles Street, Bakersfield, CA 93304

This institution is an equal opportunity provider and employer. The SNAP-Ed "Healthy Living" program is presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's SNAP-Ed program is federally funded by the United States Department of Agriculture (USDA).