

October 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! *

Mary Barrios - Health Education Assistant 661-868-1065, Arlete Monreal - Health Education Assistant 868-0889, and Janet Herrera - Health Education Assistant 661-868-1068

Date	Class	Time	Location	Address
October 1	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Community Workshops	, , CA
October 1	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
October 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
October 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
October 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
October 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 2	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
October 5	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
October 5	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
October 5	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263

Date	Class	Time	Location	Address
October 5	Eat Healthy, Be Active	2:00 PM to 3:00 PM	Community Workshops	, , CA
October 8	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Community Workshops	, , CA
October 8	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
October 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
October 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
October 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
October 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 9	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
October 12	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
October 12	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
October 12	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 12	Eat Healthy, Be Active	2:00 PM to 3:00 PM	Community Workshops	, , CA

Date	Class	Time	Location	Address
October 15	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Community Workshops	, , CA
October 15	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
October 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
October 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
October 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
October 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 16	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
October 19	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
October 19	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
October 19	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 19	Eat Healthy, Be Active	2:00 PM to 3:00 PM	Community Workshops	, , CA
October 22	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Community Workshops	, , CA

Date	Class	Time	Location	Address
October 22	Eat Smart, Live Strong	2:00 PM to 3:00 PM	Village Congregational Community	112 Richard Street, Arvin, CA 93203
October 23	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Park Place Senior Apartments	2250 R Street, Bakersfield, Bakersfield, CA 93301
October 23	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Pinewood Glenn Senior Apartments	2221 So. Real Rd Ste A, Bakersfield, CA 93309
October 23	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Plaza Tower Sr Apts	3015 Wilson Road, Bakersfield, CA 93304
October 23	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263
October 23	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Village Park Senior Apartments	2300 "R" Street, Bakersfield, CA 93301
October 26	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa De Eva	1655 E. California Avenue, Bakersfield, CA 93307
October 26	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Casa Hernandez	200 South Albany Street, Delano, CA 93215
October 26	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Community Workshops	, , CA
October 26	Eat Smart, Live Strong	10:30 AM to 11:30 AM	Shafter Senior Center	505 Sunset Ave., Shafter, CA 93263

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