



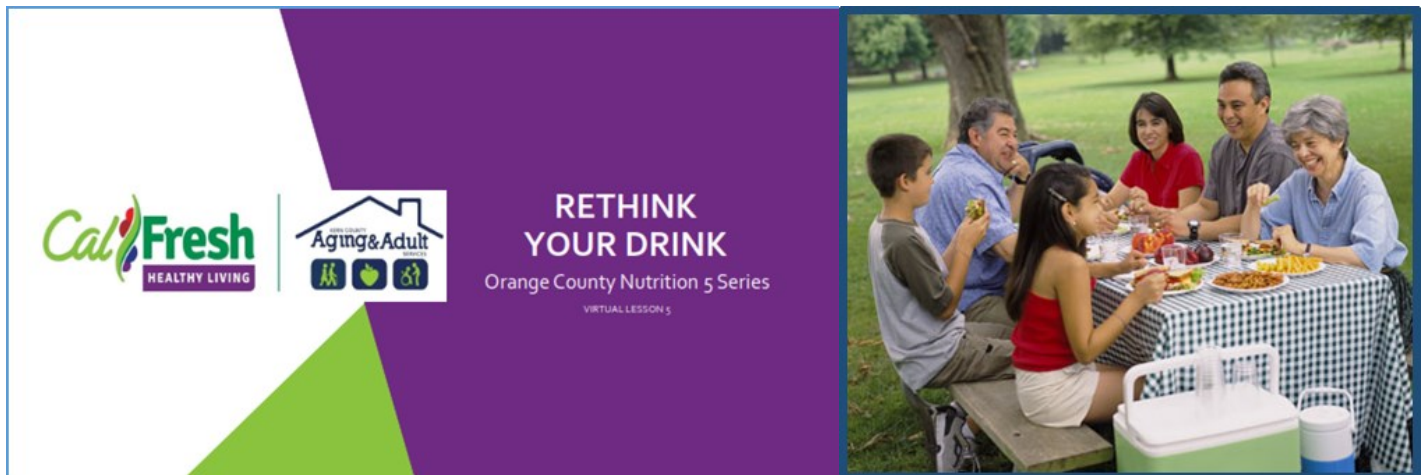
The “Rethink Your Drink” lesson helps older adults make better beverage choices by reading and understanding beverage nutrition labels.

Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. We can see with so many choices available to us, making good choices can make quite a difference!

Join us and improve your beverage choices by learning how to “Rethink your Drink!”

Kern County Aging & Adult Services - Rethink Your Drink Class Objectives

- ✓ Use the food label to choose a healthy beverage,
- ✓ Calculate the number of teaspoons of sugar in a beverage,
- ✓ Choose an appropriate cup size for beverages typically consumed, and
- ✓ Name 2 healthy drink options and the benefits of each



1. For In-Person classes, find convenient class locations, dates, and times on the [Schedule of in-person of Rethink Your Drink classes](#)
2. When Virtual classes are available, find easy to use log-in instructions by clicking the link: [schedule of Zoom virtual Rethink Your Drink classes](#)
3. **Enjoy learning with other Older Adults at the Eat Smart, Live Strong classes!**

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 Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

August 2025 Kern County Aging & Adult Services Rethink Your Drink CalFresh Healthy Living Classes

*** New locations and classes added! Classes are In-Person or Zoom/Virtual as Indicated Below***

Las clases que se encuentran a continuación se imparten en español.

Para attender una clase, por favor llame Asistentes de Salud Mary Barrios 661-868-1065, Irene Buirreta 661-868-7076, Lizet Diaz 661-868-1068, Theresa Martinez 661-868-1080, o Reynaldo

Martinez 661-868-0889.

The classes in the following section are delivered in Spanish

Rethink Your Drink

Date	Class	Time	Participant Group
8/5/25	Rethink Your Drink	Spanish 1:00 PM to 2:00 PM	Rosaleda Village
Rosaleda Village, 650 N. Maple, Wasco, 93280			
In Person Class			
Para obtener ayuda, envíe un correo electrónico a: barriosm@kerncounty.com			

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Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>

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