



Fueling Strength & Heart Health

"Protein Power – Staying Strong | Managing Sodium (Salt) for Heart Health"

Join us for nutrition tips on how protein and sodium play essential roles for your body's strength and heart health

UPCOMING PRESENTATIONS

Join us at a location near you! These presentations are FREE and open to the community. Please reserve your seat at least 24 hours in advance. **To save your spot, call 530-662-7035 or email welcome@mowyolo.org**

Wednesday, March 11, 11:00 am – 12:00 pm

West Sacramento Community Center
1075 W. Capitol Ave., West Sacramento

Friday, March 13, 11:00 am – 12:00 pm

Davis Senior Center
646 A St., Davis

Thursday, March 12, 11:00 am – 12:00 pm

Capay Valley Health and Community Center
17340 Yolo Ave., Esparto

Wednesday, March 18, 11:00 am – 12:00 pm

Woodland Community & Senior Center
2001 East Street, Woodland

Thursday, March 19, 11:30 am – 12:30 pm

Winters Community Center
201 Railroad Ave, Winters