



## Come Learn more about Eating Healthy Nutritious Foods

Themes include:

- The Dangers of high consumption of meat
- The Benefits of a diet rich in vegetables

**Speaker: Armando Martinez**  
**Assoc. Int. Quan Yin**

Free Admission

*Taste healthy &  
nutritious food samples*



**Tuesday, July 20, 2010**  
**5:30 p.m.**

Calexico Community Center  
707 Dool Ave  
For more info. (760)768-2176  
Calexico Recreation Dept.