

Wellness classes



No-cost virtual class. Healthy eating does not have to be expensive. Join us for this presentation that will discuss ways to make budget friendly healthy meals at home. Discussion topics include meal planning, ways to save at the grocery store, budget friendly foods, and sample meals prepared with five ingredients or less.

To register, call:

(562) 613-5118, 8:30 a.m. to 5 p.m., Monday through Friday

For more information, call Customer Service:

L.A. County Medi-Cal members

(800) 605-2556 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday

San Diego County Medi-Cal members

(855) 699-5557 (TTY: 711), 8 a.m. to 6 p.m., Monday through Friday

Join us:

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