



# FEAST

FOOD • EDUCATION • ACCESS  
SUPPORT • TOGETHER

**NEW 12-WEEK** *Virtual*  
**WELLNESS PROGRAM**  
Initial Class

**September 30, 2021**  
**6:30 PM - 8:30 PM**

**Health**



Our mission is to promote wellness and enrich lives through the power of healthy foods and human connection.

Through **F**ood, **E**ducation, **A**ccess and **S**upport, **T**ogether we can create a more nourishing life. In order to increase health and wellness—including healthy life skills, physical and emotional health—FEAST’s programs provide support on three levels:



## EDUCATION

Nutrition discussions, recipe and cooking demonstrations to make healthy eating satisfying, affordable and delicious.



## ACCESS

Free and immediate access to fresh, whole foods in every class.



## SUPPORT

A safe space to explore current eating habits and receive group support to create healthier new beginnings with food.

Workshops will be held weekly at Lincoln Memorial UCC 4126 S. Arlington Avenue or will be virtual. To learn more contact Viveca Finley at [vivsvittles@gmail.com](mailto:vivsvittles@gmail.com) or call (310)384-1472.



@feastforall



@feast\_for\_all

