

# COMMUNITY WELLNESS & HEALTHY LIFESTYLES VAN NUYS SEVENTH DAY ADVENTIST CHURCH MARCH 18, 2010

The Child Wellness, Relative Care, and Faith Based Committees of the Los Angeles County Commission for Children and Families co-sponsored a wellness training with the Los Angeles County Departments of Children and Family Services and Public Health. The event was held at Van Nuys Seventh Day Adventist Church in Van Nuys, California.



James Blaydes of DCFS analyzes the ingredients to a standard package of frozen food.



Commissioners Ann Franzen and Nina Sorkin were on hand for the training.



Victoria Quintero from the Public Health Dept. gave a presentation on the benefits of nutrition.



Nina Sorkin provided valuable guidance on nutritional eating and healthy lifestyles.



Tips on reading ingredient levels and cholesterol counts were among the main topics.



Relative caregivers from the community enjoyed the training.

