



2024 Nutrition Classes & Cooking Demonstration Dates

La Tiendita, 2840 Broadway St. Suite 106 Houston, TX

La Tiendita, The Cabin 1062 Fairmont Parkway Pasadena, TX

9:00 AM - 12:00 PM

- **November 22nd** PASADENA
- **December 6th** BROADWAY
- **December 13th** PASADENA

UNIDOS US
COMPRANDO
RICO Y SANO

