



2024 Nutrition & 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 8th PASADENA
- November 15th BROADWAY
- November 22nd PASADENA
- December 6th BROADWAY

UNIDOS US
COMPRANDO
RICO Y SANO

