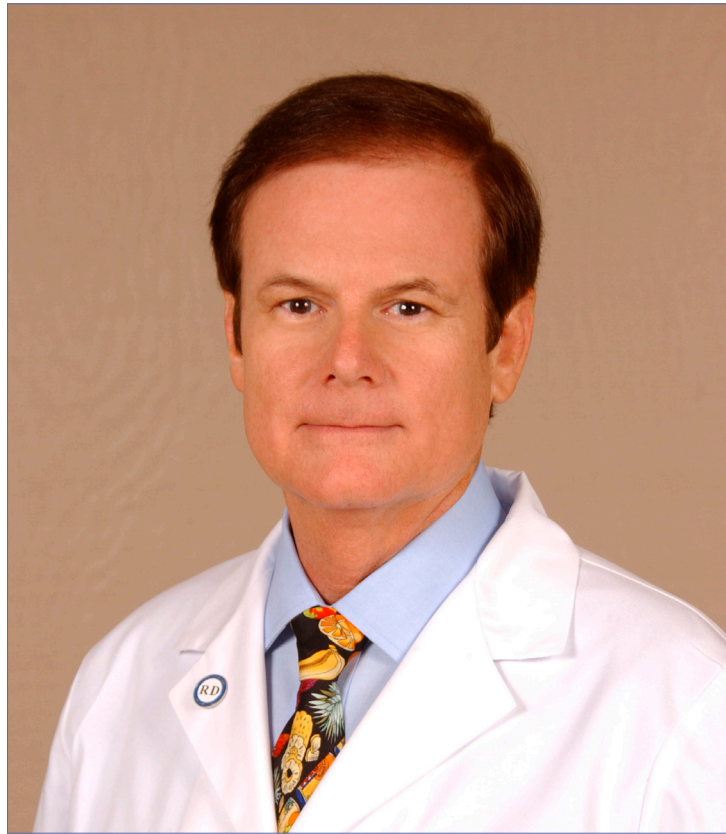


Come Hear The Health Lecture

Anti-Aging and Longevity Nutrition



John Westerdahl, PhD, RD

May 24, 2025 at 3 p.m.

**Cooking Demonstration After the Lecture
by Jasmine Westerdahl, MS, RDN**

**Free Healthy Food Samples Served Afterwards
Everyone Is Welcome**

South Bay Adventist Church • 401 S. Prospect Ave., Redondo Beach, CA 90277
Register at www.SouthBayChurch.net • (310) 214-3123

