

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

STAY YOUNG AT HEART

Heart-healthy nutrition habits to support longevity



DATE: TUESDAY, AUGUST 5TH

TIME: 11 AM - 12:30 PM

LOCATION: LONG HILL

TOWNSHIP LIBRARY

917 VALLEY RD

GILLETTE, NJ 07933

Registration Required.

Call 908-204-2523 or email
kcartoccio@bernards.org

Join the Registered Dietitian
Nutritionists from the
Nourish and Thrive Nutrition
Center for a cooking
demonstration to learn how
to manage high blood
pressure and high cholesterol
by increasing fiber from
whole plant-based foods.

Learn ways to boost flavor
while consuming low sodium
and low saturated fat meals
and snacks for optimal heart
health.

