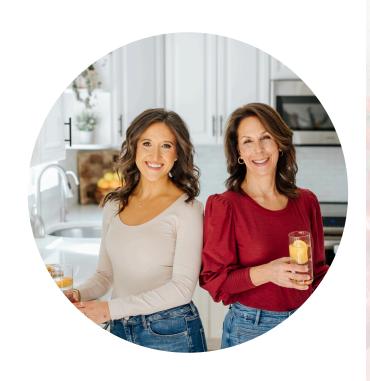
JOIN THE LIVE COOKING DEMO WITH SAMPLES!

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.

