

UPCOMING PROGRAMS

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

BEYOND CALORIES

Nutrition Strategies for Weight Loss Success

DATE: THURSDAY,

APRIL 4TH, 2024

TIME: 6-7:30 PM

LOCATION: BERNARDS

TOWNSHIP LIBRARY

32 S. MAPLE AVE, BASKING RIDGE

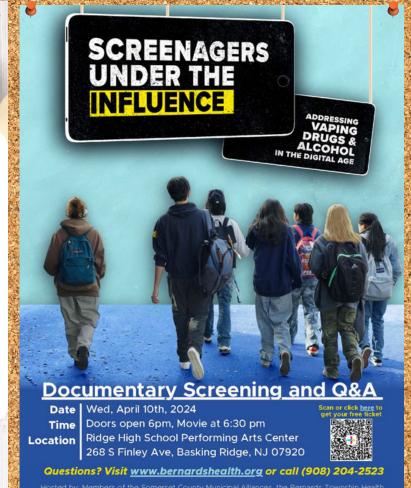
Registration Required. Call 908-204-3069 or email Ahuber@bernards.org

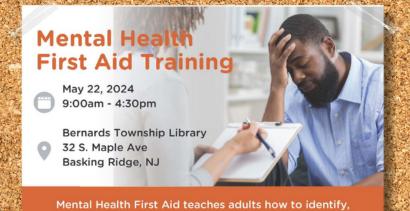




Simplify weight loss with a sustainable solution that nourishes your body with the right balance of health supporting nutrients.

Discover the science-backed strategies and practical tips to achieve your weight loss goals!
Learn ways to build a balanced plate loaded with fiber and metabolism supporting protein.





understand and respond to signs of mental health and

substance use challenges in those 18 and older.

Youth Mental
Health First Aid
Training

May 8, 2024
9:00am - 3:00pm

Bernards Township Library
32 S. Maple Ave
Basking Ridge, NJ

Youth Mental Health First Aid teaches adults how to identify, understand and respond to signs of mental health and substance use challenges and crises among adolescents ages 12-18.

Bernards Township Health Department

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