

AGES
5-10

EAT SMART TO PLAY HARD

AUGUST 10TH
FROM 3:30 P.M. TILL 4:30 P.M.

**A FUN OPPORTUNITY FOR KIDS TO DISCOVER HOW MAKING
HEALTHY FOOD CHOICES AND BEING PHYSICALLY ACTIVE
WILL HELP THEM GROW, LEARN, STAY HEALTHY AND PLAY !**

**LONG HILL TOWNSHIP
LIBRARY
917 VALLEY RD.
GILLETTE, NJ 07933**

TO REGISTER:
Call 908-204-3069 or email
ahuber@bernards.org

**Join Andrea Huber, Bernards Township Nutritionist for a fun lesson on the
importance of being physically active and choosing nutritious foods. Children
will learn about the 6 essential nutrients as well as discuss that being physically
active is part of a healthy lifestyle. The lesson is geared for children ages 5-10
years old.**

Andrea Huber, MS.

**Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-
3070**

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough

