

The Bernards Township Health Department  
and Nourish and Thrive Nutrition Center present:

# STAYING YOUNG AT HEART



**Thursday, February 16**

**6:00 - 7:30 pm**

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

**Registration Required. Call 908-204-2520 to register.**

Are you or a loved one struggling with high blood pressure, high cholesterol, or diabetes? Join Registered Dietitian Nutritionists for a nutrition presentation and culinary demonstration to improve your heart health. They will highlight what foods to shop for, review strategies to incorporate healthy foods into your diet, and provide delicious samples of heart healthy meals and snacks!

**Elisa England, MS, RDN founder of NewTritious You**

**Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting**

**Together Elisa and Ellen are Nourish and Thrive Nutrition Center.**



**Bernards Township Health Department**  
262 S. Finley Ave., Basking Ridge, NJ 07920  
[www.bernardshealth.org](http://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