

**BERNARDS TOWNSHIP HEALTH DEPARTMENT &  
NOURISH AND THRIVE NUTRITION CENTER PRESENT**

# **HOLIDAY HEALTHIER**

**Nourish Your Season**

**DATE:** THURSDAY,  
NOVEMBER 2ND, 2023

**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](mailto:Ahuber@bernards.org)

Discover how to savor  
the season without  
compromising on flavor  
or your health goals.  
Navigate holiday events  
and food spreads with  
ease, uncover nourishing  
choices when dining out,  
and master the art of  
creating nutrient-rich  
holiday dishes that'll  
keep you feeling your  
best!

