

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

STAY YOUNG AT HEART

Heart-healthy nutrition habits to live longer



DATE: WEDNESDAY,
FEBRUARY 11TH

TIME: 12:30 - 2 PM

LOCATION: BERNARDS
TOWNSHIP LIBRARY
32 S. MAPLE AVE, BASKING
RIDGE

Registration Required.

Call 908-204-3069 or email
Tara at ttomaino@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.

