



Nutrition Program

with Elle Bernardo
Registered Dietitian from
Livingston ShopRite

Thursday
October 11, 2018
10 am—12 pm
Senior/Community Center
204 Hillside Ave
Lower Lobby

Flavors of Fall

Fall has arrived! At this tabling event Elle will provide you with information about what foods are in season. Learn how to incorporate the flavors of fall such as pumpkins and apples into delicious healthy dishes you can enjoy.

No registration required
Questions, please call 973-535-7925, option 8