



LIVINGSTON NEW JERSEY

SENIOR, YOUTH & LEISURE SERVICES

Nutrition Program

with Elle Bernardo
Registered Dietitian from
Livingston ShopRite



Thursday
January 17, 2019
10 am—12 pm
Senior/Community Center
204 Hillside Ave
Lower Lobby

No Cook Meals

You don't always need to use a stove or a crock pot to make a meal. Join us at this tabling event to learn how you can make delicious healthy meals that don't really need any cooking.

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