



**LIVINGSTON
NEW JERSEY**

SENIOR, YOUTH & LEISURE SERVICES

Nutrition Program

with Elle Bernardo
Registered Dietitian from
Livingston ShopRite



**Wednesday
February 13, 2019
10 am—12 pm
Senior/Community Center
204 Hillside Ave
Lower Lobby**

Healthier Sweets & Treats

Valentine's Day is almost here! Perhaps this month you'll be enjoying some sweets and treats to celebrate the holiday. Let Elle show you how you can make some healthier treats that you can enjoy.

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