

DISCOVER WHAT HEALTHY FOOD CAN DO FOR YOU!

April 10th Meet the Chef!

Class #1 Learn to cook! **RECEIVE A FREE CUTTING BOARD AND KNIFE SO YOU CAN PRACTICE WITH OUR CHEF.**

Then take it home! (limited quantity)



ATTEND 3 OUT OF 4 CLASSES & RECEIVE A FREE CROCKPOT!!!*

April 17th Healthy food on a budget!

Class #2 **TOUR THE AISLES OF SHOPRITE AND LEARN TO READ LABELS & EAT HEALTHY ON A BUDGET.**

We'll share a delicious , healthy snack!

May 1st Healthy Hearts Get Moving!

Class #3 Ever wonder why knowing your blood pressure and cholesterol is important? And what about exercise! **WEAR YOUR SNEAKERS & LETS GET MOVING!**

May 8th Visit a Real Farm!

Class #4 Lets see where our food comes from and a dietician will walk us through a healthy crock pot recipe.

ATTEND 3 OUT OF 4 CLASSES & RECEIVE A FREE CROCKPOT!!! *(limited quantity & one per family)

CLASSES ARE FREE

Call Center for Nutrition & Diabetes Management to register.

908-237-6920

Ask about transportation!
(class size limited)

Class Locations

Class 1 : April 10th 6pm to 7:30pm



Salvation Army-
40 E. Main St. Flemington

Class 2: April 17th 6pm to 7:30pm



Shoprite of Flemington-
272 Rt. 202/31, Flemington

Class 3: May 1st 6pm to 7:30pm



Salvation Army-
40 E. Main St. Flemington

Class 4: May 8th 6pm to 7:30pm



America's Grow a Row-
150 Pittstown Road, Pittstown

