

The Bernards Township Health Department
and Nourish and Thrive Nutrition Center present:

STAYING YOUNG AT HEART



Thursday, February 22nd
6:00-7:30 pm

Bernards Township Library
32 S. Maple Ave, Basking Ridge

**Registration Required. Call 908-204-3069 to register or
email Ahuber@bernards.org**

Are you or a loved one struggling with high blood pressure, high cholesterol, or diabetes? Join Registered Dietitians and Nutritionists for a nutrition presentation and culinary demonstration to improve your heart health. They will highlight what foods to shop for, review strategies to incorporate healthy foods into your diet, and provide delicious samples of heart healthy meals and snacks!

Elisa England, MS, RDN founder of NewTritious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.



Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough