

The Nutrition for Optimal Health Series

presented by



<http://livingplate.com/>

The Power of Phytonutrient-Rich Foods

Nutrition Education & Food Demo

Thursday, June 9th ▪ 7:00 p.m.

Chester Library

250 West Main St., Chester NJ 07930



FREE– Registration Required

Register on Event Calendar at:

www.chesterlib.org OR Call 908-204-2520

In Conjunction with:



Promoting Public Health

Bernards Township **Health** Department

262 S. Finley Ave., Basking Ridge, NJ 07920 ▪ www.bernardshealth.org ▪ P. 908-204-2520