

# The Nutrition for Optimal Health Series

presented by



<http://livingplate.com/>

## **GUT HEALTH:**

### **Feeding Your Micro-biome**

**Nutrition Education & Food Demo**

**Tuesday, May 17<sup>th</sup> ▪ 7:00 p.m.**

**Bernards Township Library**

**32 S. Maple Ave., Basking Ridge, NJ 07920**



**FREE– Registration Required**

**Register on Event Calendar at: [www.bernardslibrary.org](http://www.bernardslibrary.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](http://www.bernardshealth.org) ▪ P. 908-204-2520