



Eat for the Health of it... Healthy Eating Plan

**Thursday, January 14, 2021
7 p.m.**



**Virtual Program via Zoom
Sponsored by the Ocean City Public Library
Class is FREE and open to the public!**

Presenter:

Chris Zellers, FCHS Educator/Assistant Professor, Cape May County

Participants will learn...



- **The Truth about Fad Diets**
- **How to Identify Healthful Choices**
- **Healthy Eating Patterns**



**Register at : <https://go.rutgers.edu/iu0jbj5w>
Once registered, you will receive log on instructions**

**For information, call Julie at 609-399-2434, ext. 5222
or Email: jhoward@oceancitylibrary.org**

County Employees who attend this class will earn 5 Wellness Incentive Points!