



RUTGERS
New Jersey Agricultural
Experiment Station
■ Cooperative Extension



FCHS
Family & Community
Health Sciences



Get Healthy for Life[®]!

Thursdays, July 14 to August 18 (6 Weeks)

10 to 11:30 a.m.

Lower Cape Senior Center

2612 Bayshore Road, Villas, NJ 08251

Seniors...Discover What Healthy Food Can Do For You!

Topics to be Covered: Eat a Rainbow: Colorful, Seasonal Fruits & Veggies
Meditation to Boost Your Well-being * Healthy Ingredient Swap
Snack Smarter * Double Duty Meals * “Appealing” Desserts

Join us for hands on group experiences that will teach you how to:

BE WELL * EAT WELL * SHOP WELL



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