

BERNARDS TOWNSHIP HEALTH DEPARTMENT &
NOURISH AND THRIVE NUTRITION CENTER PRESENT:

BACK TO SCHOOL

Nutrition for Busy Families



DATE: TUESDAY,
SEPTEMBER 12TH

TIME: 6-7:30 PM

LOCATION: BERNARDS
TOWNSHIP LIBRARY
32 S. MAPLE AVE, BASKING
RIDGE

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

Get healthy meals on the
table in *20 minutes or less!*
Uncover easy tips for
packing balanced lunches.
Enjoy samples of grab and
go breakfasts and snacks
packed with brain
supporting nutrients to
optimize focus and fuel up
for afternoon activities.

