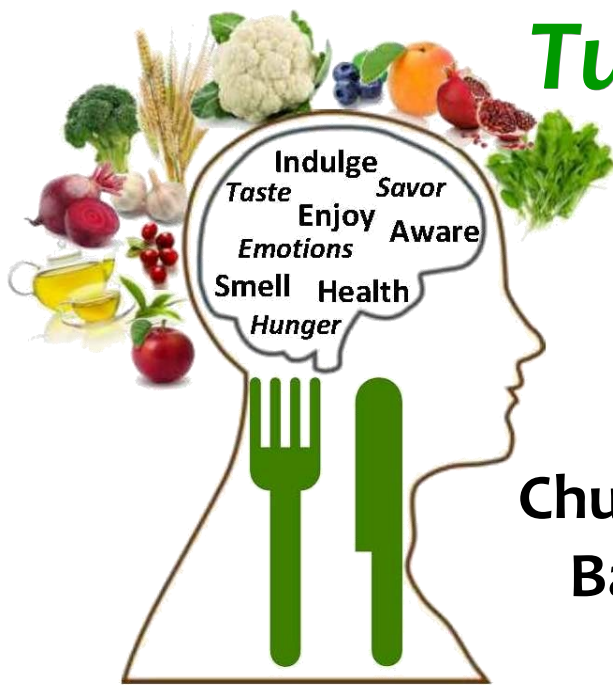


# MINDFUL EATING

*Nutrition Education & Cooking Demo*



<http://livingplate.com/>



**Tuesday, April 11<sup>th</sup>**

**7:00 p.m.**

**Indoor Pavilion,  
Harry Dunham Park  
Church St. & Somerville Rd.,  
Basking Ridge, NJ 07920**

**FREE– Registration Required  
To Register 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