

JOIN THE LIVE COOKING DEMO WITH SAMPLES!

BEYOND CALORIES

Nutrition Strategies for
Weight Loss Success

DATE: THURSDAY,
APRIL 4TH, 2024

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

Simplify weight loss with a sustainable solution that nourishes your body with the right balance of health supporting nutrients.

Discover the science-backed strategies and practical tips to achieve your weight loss goals!

Learn ways to build a balanced plate loaded with fiber and metabolism supporting protein.

