

What's that Stuff in my Food?

Antioxidants, Phytochemicals, Flavonoids and more...

Many of these substances provide great health benefits in preventing and slowing certain chronic diseases. Join us to learn how they work and where they are in food.



When:	Wednesday, March 24, 2010
Where:	Somerset Senior Wellness Center 202 Mt. Airy Road Basking Ridge, NJ
Time:	11:30 am to 1:00 pm
Who:	Senior Citizens Lunch Included - No Cost
How:	To Register: (908) 204-3068 by Friday 3/19/10

Cheryl Komline, MS, RD
Public Health Nutritionist

Bernards Township Health Department

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Basking Ridge, NJ 07920
908-204-2522

www.bernardshealth.org

*Contractual
Health Agency for:*

Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
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