

AGES  
5-10

# EAT SMART TO PLAY HARD



**AUGUST 10TH**  
FROM 3:30 P.M. TILL 4:30 P.M.



**A FUN OPPORTUNITY FOR KIDS TO DISCOVER HOW MAKING  
HEALTHY FOOD CHOICES AND BEING PHYSICALLY ACTIVE  
WILL HELP THEM GROW, LEARN, STAY HEALTHY AND PLAY !**

**LONG HILL TOWNSHIP  
LIBRARY  
917 VALLEY RD.  
GILLETTE, NJ 07933**

**TO REGISTER:**  
Call 908-204-3069 or email  
[ahuber@bernards.org](mailto:ahuber@bernards.org)



**Join Andrea Huber, Bernards Township Nutritionist for a fun lesson on the importance of being physically active and choosing nutritious foods. Children will learn about the 6 essential nutrients as well as discuss that being physically active is part of a healthy lifestyle. The lesson is geared for children ages 5-10 years old.**

**Andrea Huber, MS.**

**Bernards Township Health Department  
262 S. Finley Ave., Basking Ridge, NJ 07920  
[www.bernardshealth.org](http://www.bernardshealth.org) - Info: 908-204-3070**

**Contractual Health Agency for:**  
Bernards Township  
Bernardsville Borough  
Chester Borough  
Long Hill Township  
Mendham Borough  
Peapack & Gladstone Borough

