

**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](mailto: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.**

