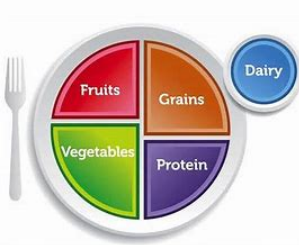
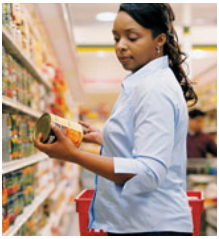
Let's Get Healthy Together

FREE adult nutrition classes from Rutgers University to help you and your whole family eat better and get active on a budget





EFNEP

- Get together with other parents
- See some great recipes!
- Learn how to have fun keeping the whole family healthy!

RUTGERS
New Jersey Agricultural Experiment Station
Cooperative Extension

Location:

Secaucus Public Library
1379 Paterson Plank Rd.
Secaucus, NJ
Panasonic Rm.
(2nd Floor)

Time: 6:00 PM- 7:00 PM

Dates: 6/7, 6/ 14, 6/21,6/28, 7/5,7/12, 7/19, & 7/26

Register on the library calendar @ :

secaucuslibrary.org

COOPERATING AGENCIES: RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY, U.S. DEPARTMENT OF AGRICULTURE, AND COUNTY BOARDS OF COMMISSIONERS. RUTGERS COOPERATIVE EXTENSION, A UNIT OF THE RUTGERS NEW JERSEY AGRICULTURAL EXPERIMENT STATION, IS AN EQUAL OPPORTUNITY PROGRAM PROVIDER AND EMPLOYER.