



## ~Lunch N' Learn~

**Brittany Peterson, MS, RDN  
ShopRite of Chester**

*Presents*

### ***"Nutrition for Gut Health"***

ShopRite of Chester's in-store Registered Dietitian, Brittany Peterson, MS, RDN, will be presenting about the important roles of bacteria in our body. She will discuss how you can use food to improve the health of your gut microbiome, and in turn, your overall health! We'll even taste a few different samples of beneficial probiotic foods that you can incorporate into your diet.

Date: **Monday, July 2, 2018**

Time: 12:00 PM – 2:00 PM

Place: Chester Library

250 W Main Street, Chester

Cost: **Free Complimentary luncheon served**

***MUST REGISTER***

**by calling the library at 908-879-7612**

-Seating is limited-

**Sponsored by the Senior Resource Center**

**50 Route 24, Chester, NJ 07930 908-879-2202**

**www.SRCNJ.org**