



## ~Lunch N' Learn~

**Jane E. DeWitt, MS, RD**

**Clinical Nutrition Coordinator  
Food and Nutrition Services  
Hackettstown Medical Center**

*Presents*

### ***"Nutrition"***

Join us as we discuss heart healthy label reading tips, nutrition facts, shopping guide and cooking ideas.

Date: **Tuesday, November 13, 2018**

Time: 12:00 PM – 2:00 PM

Place: Mountaintop Church

6 Naughtright Road, Hackettstown

***Cost: \$2.00 Suggested Donation***

***-Seating is limited-MUST REGISTER***

**by calling the Senior Resource Center at 908-879-2202**

**Sponsored by the Senior Resource Center**

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

**www.SRCNJ.org**