

RUTGERS

New Jersey Agricultural
Experiment Station



RUTGERS COOPERATIVE EXTENSION

LOCATION ADDRESS:

355 COURTHOUSE-SOUTH DENNIS RD
CAPE MAY COURT HOUSE, NJ

HEALTHY EATING SERIES 2015

EXPLORE CREATIVE WAYS TO BRING HEALTHY FOODS TO YOUR TABLE

SIMPLY VEGETARIAN



Many studies have shown that vegetarians seem to have a lower risk of obesity, coronary heart disease, high blood pressure, diabetes mellitus and some forms of cancer. So even if you go meatless once weekly, your health will benefit.

Join us for this one hour program with menu tasting included

Thursday, May 14, 2015 ~ 5:00 PM to 6:00 PM at
Rutgers Cooperative Extension

PRESENTED BY:

MARILOU ROCHFORD, MA, CFLE

FAMILY & COMMUNITY HEALTH SCIENCES EDUCATOR

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PRE- REGISTRATION IS REQUESTED by May 8, 2015
cmcwellness.org (Event Calendar) Cost: \$5.00