



Eat Healthy ON A BUDGET

MONDAY, OCTOBER 23

1:30 PM | SENIOR CENTER


15 LINWOOD PLACE
North Brunswick, NJ
08902

Nutrition Matters!


Join Mona Hammad, Holistic Nutrition and Wellness Coach, for a workshop dedicated to helping you **eat healthily without breaking the bank**. Discover tasty and budget-friendly ways to nourish your body and mind.

What You'll Learn

 **Smart Shopping Tips:** Learn how to make the most of your grocery budget.

 **Budget-Friendly Recipes:** Hands-on demo and samples.

 **Meal Planning:** Master the art of planning balanced, low-cost, nourishing meals.

 **Nutrition Tips:** Understand the importance of making healthy food choices that support healthy aging.

 Please register with the North Brunswick Senior Center: 732-418-2222