



NUTRITION Workshop

A 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!
Come play and meet new people while learning about nutrition!

Join us at North Brunswick Senior Center
located: 15 Linwood Pl, North Brunswick
Township, NJ 08902

Monday, November 10th, 2025
Meet us every Monday & Wednesday
from 1pm-2pm.
Light refreshments will be served

Graduation: January 28, 2026

A bingo winner every time. Come
join us every Monday & Wednesday
at 1pm. This series is from
November 2025 till January 2026.



CALL OR EMAIL : (732) 387-1220 mfscmiddlesex@ccdom.org

<https://www.instagram.com/mfscmiddlesex> <https://twitter.com/MFSCMiddlesex> <https://www.facebook.com/MFSCMiddlesex/>



TALLER DE Nutrición

¡Un programa de promoción de la salud de 10 semanas que combina el bingo con ejercicios inclusivos para todos!
¡Ven a jugar y conoce gente nueva mientras aprendes sobre nutrición!

**Lugar: Senior Center de North Brunswick
15 Linwood Pl, North Brunswick Township,
NJ 08902**

**Lunes 10 de Noviembre, 2025
Nos vemos todos los Lunes y Miércoles
de 1pm-2pm.
Se servirán refrigerios**

Graduación: 28 de Enero, 2026

**¡Gana siempre! Acompañanos todos los
Lunes y Miércoles a la 1PM. Esta serie se
extiende desde Noviembre de 2025 hasta
Enero de 2026.**



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