

Fast, Fall Family

Meals

As the Fall season is upon us, many want to embrace the cooler weather with cozy and healthy meals, but who has the time!

During the workshop attendees will review the nutritional benefits of fall veggies and other foods, talk about easy sides for the meals and make a quick dessert.

Date:

Wed., Nov. 7th: 6:30 —8:30 pm

or

Thurs., Nov. 8th : 11 am—1 pm

Location:

**310 Milltown Rd.
Bridgewater**



Register by Wednesday, Oct. 31, 2018

To register, email:

lconley@co.somerset.nj.us or online at goo.gl/wBrR6D.

Fee: \$10 per person