



LUNCH PROVIDED
12:15PM

LUNCH-N-LEARN WITH FCHS

FEB 7TH



ARTHRITIS 101: PREVENTION & CONTROL

LEARN ABOUT THE PREVENTION AND MANAGEMENT OF ARTHRITIS THROUGH SIMPLE LIFESTYLE CHANGES

MARCH 6TH



WHAT IS THE FODMAP DIET

LEARN ABOUT THE BASICS OF THE DIET INCLUDING THE ADEQUACY, SAFETY AND POTENTIAL BENEFITS OF THE DIET.

APRIL 3RD



Embracing The Power of Prevention

EMBRACING THE POWER OF PREVENTION

LEARN ABOUT THE STRONG LINK BETWEEN NUTRITION, PHYSICAL ACTIVITY AND CANCER PREVENTION INCLUDING SIMPLE WAYS TO EMBRACE THE POWER OF PREVENTION IN YOUR DAILY LIFE.

RUTGERS COOPERATIVE EXTENSION OF WARREN COUNTY



165 COUNTY ROAD 519S
BELVIDERE, NJ
908-475-6504



REGISTRATION REQUIRED:
[HTTPS://FORMS.GLE/TALZXRNUAJAH8IMO9](https://forms.gle/TALZXRNUAJAH8IMO9)