

Nutrition 101

Healthy Lifestyles for Busy People-Session 1

This Nutrition 101 5 week series includes hands-on demos and tasting.

Week # 1 Supermarket Spies

— learn how-to navigate food packages for smart healthy choices

Week # 2 Healthy Fats

— indulge on healthy fats to keep your heart & mind thriving

Week # 3 Protein Power

— power up on lean proteins for muscle strength

Week # 4 Whole Grains are Great

— learn how-to cook with ancient whole grains for taste & great nutrition

Week # 5 Family Meals

— fun strategies to make family meal-time fun and healthy for friends and family

Monday's , 11:30 am to 12:30 pm. September 16, 23, October 7, 21, 28 (5 weeks)

At the Gatehouse, Habernickel Park, 1057 Hillcrest Road .

\$75 per person (\$85 non resident)

Registration Form - Nutrition 101 –Session 1

Order online at www.ridgewoodnj.net/communitypass or in person/ by mail to

The Stable, 259 N. Maple Avenue, Ridgewood, NJ 07450

Please make checks payable to Ridgewood Parks and Recreation Tel: 201-670-5560



Name _____ Email _____ Dietary Restrictions _____

Address _____ Telephone _____

Emergency Phone _____ Check # _____ Total _____ \$ 75.00 (\$85 non-residents)

I, the participant assume all risks and hazards incidental to participation in the above Recreation activity. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and the amount covered by accident insurance.

Signature of Participant _____