

BERGEN NEW JERSEY *County*

Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
invite you to participate in



National Nutritional Month's Put Your Best Fork Forward



Presented by
**The Bergen County
Department of
Health Services**

Put Your Best Fork Forward is a presentation created for adults by the *Academy of Nutrition and Dietetics* that gives participants the knowledge and tools to make a positive eating changes in their lives.

Monday, April 24, 2017

11:00am-12:00pm

Edgewater Community Center
1167 River Road, Edgewater, NJ 07020



Register by visiting the Edgewater Dept. of Health
located at the Center or contacting 201 943-1700 x6005

BOARD OF CHOSEN FREEHOLDERS ***

Tracy Silna Zur, Chairwoman • Thomas J. Sullivan, *Vice Chairman* • Dr. Joan M. Voss, *Chair Pro Tempore*
Mary J. Amoroso • David L. Ganz • Germaine M. Ortiz • Steven A. Tanelli