



WMTL TEEN SERVICES

HEALTHY FLAVOR FRENZY

WITH LAUREN BLADEK, RDN

Let's learn the benefits of healthy eating with a registered dietitian nutritionist! Enjoy this healthy food lecture and demonstration of an Asian Fusion dish you can make at home!

"Egg Roll in a Bowl!"



*Please be advised,
the live food demonstration may
include common food allergens!*

Join us

OCTOBER 2ND

5:00-6:00PM

ROOM 1 & 2

**Registration Required
For grades 6-12!**

West Milford Township Library

1470 Union Valley Road West Milford, New Jersey 07480
973-728-2820 | Register for Events @ www.wmtl.org/events