

Brook Health Care, LLC invites you to attend a presentation on:

# Why Dark Chocolate is Good for You

Dark chocolate is not only good. It's good FOR you! Dark chocolate has many hidden health benefits when enjoyed in moderation. It comes in many forms and can benefit your heart, brain and blood vessels. We will also discuss a short history of chocolate. Come and learn the why's and how's for enjoying this delicious food.

**Wednesday, February 22 @ 12:30pm**

**Metuchen Senior Center**

**Call 732-632-8524 to reserve your spot!**

***Hot Chocolate!***

***Ice Cream Bars!***



**Brook Health Care, LLC**  
...meeting your everyday needs everyday

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