Spring into Health
21-Day Cleanse Your Diet Kick-Off

Wednesday, March 29th
7PM-8:30PM
Metuchen Senior Center
15 Center Street
Metuchen, NJ 08840

Presentation and cooking demonstration is **FREE** but seating is limited. Please call to reserve your spot!

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Get your metabolism humming and SPRING into health with recipes from the 21-Day Cleanse Your Diet Meal Plan.

Registered Dietitians Lorraine Matthews-Antosiewicz and Diane Weeks will demonstrate low-glycemic recipes aimed at stabilizing blood sugar, maintaining healthy weight, normalizing hormones, promoting healthy digestion, and reducing inflammation associated with many chronic diseases.

Weekly meal plans, grocery lists and support from registered dietitians will be available.