

# 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!*

**Nancy Goldberg**

**Metuchen Recreation**

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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.

