



# HIGHLAND PARK INVITES YOU TO THIS HANDS-ON NUTRITION WORKSHOP

*Highland Park*  
DEPARTMENT OF AGING 

in partnership with  
**aetna**  
FOUNDATION

**WHEN:** FRIDAY, JUNE 14<sup>TH</sup>, 11:00AM-12:00PM

**WHERE:** HIGHLAND PARK COMMUNITY CENTER  
220 S. 6TH AVENUE HIGHLAND PARK, NJ

**JOIN HEALTH EXPERT TONY BIANCHINO OF OUT RUN YOUR FORK  
AS WE SHOW YOU HOW TO MAKE THE MOST DELICIOUS HEALTHY MEALS!**

**BRING A FOOD CONTAINER AND MASON JAR WITH A LID  
FOR THIS FUN AND EXCITING GASTRONOMIC EVENT!**

**\*(LIGHT LUNCH IS SERVED AND FOOD WILL BE MADE TO TAKE HOME)**

**TO REGISTER OR FOR MORE INFORMATION**

**PLEASE CALL 732-819-0052 OR STOP BY THE HIGHLAND PARK COMMUNITY CENTER**