



HEALTH AND WELLNESS COMMUNITY OUTREACH EVENT

**RIVER DELL HADASSAH INVITES YOU TO ATTEND
*HEART HEALTHY EATING: EVERY BITE COUNTS***

**Presented by Christina
M. Kamilaris RDN, CDN
Retail Registered Dietitian
Shop Rite of Paramus**



Heart disease can affect people of all ages, but there are ways heart disease can be prevented. **Prevention begins with YOU.**

In connection with National Hadassah's Nutrition Program, "Every Bite Counts", Christina M. Kamilaris will give a presentation on heart healthy eating. She will give us useful information and tips on how to change our diets to get us started on the path to a healthier heart.

*Come join us for an interesting and informative program.
Recipes and samples will be available.*

Wednesday, June 7, 2017 @ 12:30pm

**River Edge Library
685 Elm Ave, River Edge**

The program is free and open to the public

For more information, please call (551) 265-1573

This program is dedicated to Edythe Fried of Blessed Memory

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