



HADASSAH
the power of women who **DO**®

Women's Health and Wellness

Over 11,000 women across the United States have learned about heart disease risks with **Every Beat Counts: Hadassah's Heart Health Program**®.



Food Guru Shannon Sarna

Over 2,000 women have built exercise into their daily lives with **Every Step Counts: Hadassah's Walking Program**.

Heart disease is the #1 killer of women in the US so NOW is the time to continue to help our hearts with part three of Hadassah Heart Health Programs: **Every Bite Counts: Hadassah's Nutrition Program**.

Help us raise money to support Hadassah Medical Organization and benefit ourselves with healthy eating by attending

Nosh Your Way to Better Health

Join us as featured food guru Shannon Sarna of *The Nosh* teaches healthy twists on Passover favorites. Proceeds will support Hadassah Medical Organization (HMO).

When: Sunday, March 18th at 4:00 p.m.
Where: *The Café* at Leon & Toby Cooperman JCC
Who: Everyone is welcome!

Donation Levels:

Seder Plate: \$60

Afikoman: \$75 Miriam's Cup: \$100

RSVP by March 12th

Online at hadassah.org/events/northernjnosh

or

Send your Name, Chapter and number of reservations needed with a check payable to Hadassah to Hadassah NNJ / 760 Northfield Avenue, Suite 290 / West Orange, NJ 07052

Your charitable donation covers:

Demonstrations and tastings of some of Shannon Sarna's Pesach favorites
Access to Sarna's knowledge and advice on healthy cooking
Automatic entry to a raffle prize
Support of Hadassah Medical Organization (HMO)