



FREE Nutrition Workshops at the Community Center

- **Tuesday, March 1, 7-8:30pm — Savor the Flavor of Healthy Eating**
- **Tuesday, April 5, 7-8:30pm— Creating Healthy Snacks & Label Reading**

For information on a **Healthy Meal Preparation and Cooking Techniques Class** on Wednesday, March 9th, 2016 please contact Hanover Township Recreation for more information: 973-428-2463.

Nutrition Workshop Registration: Online through Community Pass or in person at Hanover Township Recreation located at 15 North Jefferson Road, Whippany, N.J. Open M-F 8:30 a.m. – 4:30 p.m. and T/Th nights from 6:00 p.m. – 8:30 p.m.

