

# ON YOUR WAY TO HEALTHY BONES...

There's more to learn about healthy bones...come join us to learn about vitamins and minerals needed for healthy bones, but more so strategies for consuming real foods that contain those nutrients.



**The Office of Human Resources**  
*Invites you to a*  
**LUNCH & LEARN Seminar**  
**Nutrition for Your Bones**  
*presented by:*  
**Dr. Michele Grodner**  
**Department of Public Health**

**Where:** Library Paterson Room 213  
**Date:** September 22, 2016  
**Time** 1:00pm—2:00pm



Please RSVP via email to [HUMANRESOURCES@wpunj.edu](mailto:HUMANRESOURCES@wpunj.edu).

For questions, please contact us via email or call us at extension 2887.

**“Bring a Buddy & your Brown Bag”**

