

Developing  
healthy eating  
habits  
becomes  
easier each  
day.

It is now more important than ever to maximize your nutrition intake to protect your short and long term health into retirement in the years ahead. With decades of habitual eating behaviors, it can be challenging but the results which may boost your quality of life are worth the effort. Come join us to learn about tips on healthy eating and being active, so you can get the most out of those work free days!



**The Office of Human Resources**  
**invites you to a**  
**Lunch and Learn Seminar**  
**Healthy Eating for the Longevity of it!**  
*Presented by*  
**Natalie Gillette, Retail Registered Dietitian**

**Where:** Library Paterson Room 213

**When:** Wednesday, May 1, 2019

**Time:** 12:00 PM—1:00 PM



*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”**