

A healthy diet and lifestyle are your best weapons against cardiovascular disease. Join us for **American Heart Month** to learn simple lifestyle changes such as including more fiber in your diet for long-term benefits to your heart.



**The Office of Human Resources
invites you to a LUNCH & LEARN Seminar**

Hearty ♥ Health Foods

Presented by
Natalie Gillett
Retail Registered Dietician

Where: University Commons Student Center Room 202

When: Wednesday, February 26, 2020

Time: 12:00 PM—12:55 PM

and

1:00 PM—2:00 PM

(Select the time above that best suits you)

Sampling and recipes included.

Please RSVP to HUMANRESOURCES@wpunj.edu

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



“Bring a Buddy & your Brown