

The Bernards Township Health Department
and Nourish and Thrive Nutrition Center present:

FIGHTING INFLAMMATION THE POWER OF FOOD



Thursday, June 9

6:00-7:30 pm

**Bernards Township Library
32 S. Maple Ave, Basking Ridge**

Registration Required. Call 908-204-2520 to register.

Attendees are encouraged to wear masks.

Join Elisa England, MS, RDN and Ellen Petrosino, MS, RDN for a nutrition presentation that includes a culinary demonstration with samples of delicious healthy recipes. They will highlight the health benefits of consuming a variety of colorful plant-based foods and how antioxidants play a role in optimizing digestion, lowering inflammation, and balancing hormones.

Elisa England, MS, RDN founder of NewTritious You
Ellen Petrosino, MS, RDN founder of Ellen Petrosino Consulting
Together Elisa and Ellen are Nourish and Thrive Nutrition Center.



Bernards Township Health Department
262 S. Finley Ave., Basking Ridge, NJ 07920
www.bernardshealth.org - Info: 908-204-3070

Contractual Health Agency for:
Bernards Township
Bernardsville Borough
Chester Borough
Long Hill Township
Mendham Borough
Peapack & Gladstone Borough