## Reshape Your Health
## Thursday, July 26th
## 1:00pm-2:00pm

**Pascack Valley Medical Center**
**Basement Conference Room 1 and 2**
**250 Old Hook Road**
**Westwood, NJ 07675**

Hackensack
Meridian *Health*
Pascack Valley Medical Center

Join our Registered Dietitian and Chef for a **live cooking demonstration** and tasting of healthy delicious recipes. Reshape Your Health is designed to make healthy eating both appetizing and informative. It offers practical solutions for everyday living, including easy-to follow recipes, meal ideas, and shopping lists. Simple changes in your food choices can be the first step toward a healthier you. And, since there's no one plan that fits everyone, it's important to develop a blueprint for healthy eating that's packed with a variety of tasty, nutrient-rich foods and keeps your unique lifestyle in mind.

**Registration is required.**
**To register call 877.848.WELL(9355) or visit**
**www.hackensackumcpv.com/bewell**