

SLIMMING “SUPER” FOODS for SUMMER!

Wednesday, May 18, 2016
5:30 to 7:30p.m.

Rutgers Cooperative Extension of Cape May County

355 Court House-South Dennis Road
Cape May Court House, NJ 08210



Participants will Learn....

What are “SUPER” Foods * Where you can get them
How to prepare them * What are their benefits

Lite Summertime Fare will be served!



Cost \$15. For information or to register, call 465-5115, ext 609
or email marian.courtney@co.cape-may.nj.us

Limited Space...Reserve Early!