

Senior Lunch and Learn

Barbara Young will be presenting a host of issues that effect senior citizens lifestyles

Topic: Tips for Eating Healthy and Staying Healthy

Complimentary lunch provided

****Attendees are welcomed to bring their own healthy snacks****

Who: Senior Citizens
Monroe Township Residents Only

Where: Monroe Township Community Center

When: Monday, January 8th, 2018

Time: 11:00am—12:30pm

Fee: FREE

Registration can be done online at register.communitypass.net

Please register by 1/6/18



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Register online at
register.communitypass.net/monroetownship

or at the
Monroe Township Community Center.
Open 7 days a week, 8:00am-9:00pm

Any questions, please contact: Monroe Rec. Center 732-723-5000

Photo Policy—By registering you/your child you give permission for photos to be taken that may be used by the township or invited media. If you do not wish you/your child to be included in such photographs, you must submit this request in writing with your registration.