

Ramsey Board of Health Presents

Winter Wellness Series: Your Journey to a Healthier You

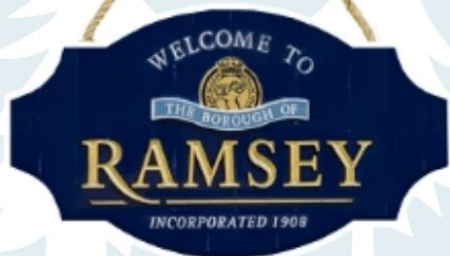
FEBRUARY 12, 2024 AT 7:00 PM

Ramsey Senior Center: 75 E. Oak Street, Ramsey, NJ 07446

Learn effective lifestyle and nutrition strategies to help you
manage your weight and achieve your health goals.

Presented by: Carla Iudica-Souza, MD, Board of Health Member
& Melissa Dawson, MS, RDN, Inserra Supermarkets Inc.

ShopRite



Please Contact the Ramsey Health Department for Registration:
(201) 825-3400, Ext. 246