

Simple Changes

TO RAISE HEALTHY KIDS



Oct. 12th
7 PM

If you are a busy parent trying your best to feed your kids well while juggling multiple priorities, this is the event for you.

- * Fun discussions
- * Snacks and smoothies
- * Simple suggestions to eating better
- * Recipes and more

MERVE'S KITCHEN & BAKERY

235 Rock Road
Glen Rock, NJ 07452

Thursday, Oct. 12th
7:00 to 9:30 PM

Seating is limited.
RSVP

<http://bit.ly/2xDCxO3>

THE *Juice* PLUS COMPANY

