



# The Beth Challenge Nutrition Program

Join The Beth Challenge Nutrition Program to learn about healthy eating habits to help you reach your health goals. The goal of this program is to provide you with the knowledge and the skills to make healthy lifestyle changes.

**For more information contact:** [molly.fallon@rwjbh.org](mailto:molly.fallon@rwjbh.org) or call 973-926-7371.

## Learn about:

- Nutrition Basics & Food Myths Debunked
- Navigating Food Labels
- Healthy Meal Planning for Success
- Healthy Cooking Demos for your Recipe Book

## Nutrition Education

**Saturdays | 12:30 - 1:30 p.m.**

May 18th  
June 8th  
July 13th  
August 10th  
October 19th  
November 16th  
December 14th

## Cooking Demonstration

**Thursdays | 5:30 - 6:30 p.m.**

May 23rd  
June 27th  
July 25th  
August 15th  
September 26th  
October 24th  
November 21st

Rev. Dr. Ronald B. Christian Community  
Health and Wellness Center  
208 Lyons Avenue  
Newark, NJ 07112

**RWJBarnabas**  
**HEALTH**

**Newark Beth Israel  
Medical Center**