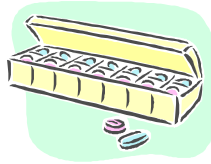


# Health Programs

Presented by Dorothy L. Zufall, Ed.D.  
Township of Hanover Health Educator



## **“Vitamins and Supplements”**

Thursday, April 22, at 7:00pm

New research on Omega 3s, Vitamin D3, the busy Bs and enzymes will be the focus of the program.



## **“Sweet Things – The Effect on Health”**

Thursday, May 20 at 7:00pm

This program will focus on “sweet things” (including fruits) and how to make the best choices.



## **“Eating Out – How to Make Healthy Choices”**

Thursday, June 10 at 7:00pm

Topics of discussion will include lactose intolerance, gluten sensitivity, allergies, MSG and food safety.

## **MUST PRE-REGISTER**

All programs are free and held at the Whippanong Library  
located at 1000 Route 10, Whippany  
973-428-2460