



**Newton  
Medical Center**  
ATLANTIC HEALTH SYSTEM

# FREE NUTRITION LECTURES

**Held by Sussex County YMCA, in partnership with  
Newton Medical Center's Community Health Department.**

**Workshops taught by Registered Dietitians and will be held on:**

Friday, January 4th at 10am - **Keto Diet and Low Carb diets**

Friday, February 1st at 10am - **Heart Healthy Eating**

Friday, March 1st at 10am - **Foods to boost your Brain**

**Pre-registration required at the Welcome Center.  
For more information call 973 209 9622.**

**SUSSEX COUNTY YMCA**

15 Wits End Road Hardyston, NJ 07419 P: 973 209 9622 [SUSSEXcountyYMCA.org](http://SUSSEXcountyYMCA.org)

