



Life Skill Series

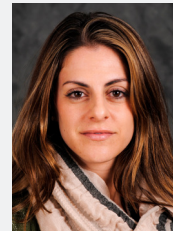
Clean Eating for the New Year

Thursday, January 24

Time: 7:00 – 8:00 pm

Location: Teaneck Creek Conservancy
20 Puffin Way, Teaneck NJ

Speaker:



Megan Triolo, RD

Visit holyname.org/events or call **201-833-3336** for more information and to register.

Eating healthier may be one of your top priorities for the New Year. But “eating healthy” may be one of those well-intentioned goals that is easier said than done. So where do you start? One way is to begin eating “clean.” You may have heard the term “clean eating” multiple times, but you may not know exactly how to go about cleaning your diet. Join registered dietitian Megan Triolo as she explains how to do this. Learn about embracing good health with realistic effective tips to keep you feeling your best throughout the New Year.


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