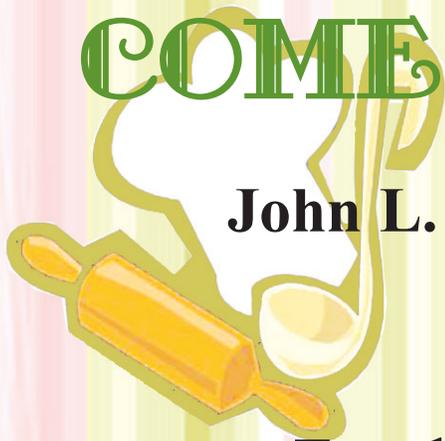


COME AND JOIN US



John L. Montgomery Care Center

115 Dutch Lane Road
Freehold, NJ 07728

Tuesday, September 18th, 2012

From 6 To 7:30 p.m.

For the first in a series of FREE programs
for yourself, your family, and your friends

FOOD FOR THOUGHT... TAKING CARE OF THE MIND AND BODY

- Chef Mike Cavanaugh will prepare a quick, healthy meal for the audience
 - Mary Luby, LCSW, will provide tips for healthier eating, and
 - Fran Pannella, LPN, will offer a fun and relaxing interactive presentation

732-431-7420

Reserve by September 12, Seating is limited

Presented by



Kevin C. O'Brien
NJ Lic. No. 4805



Monmouth County Office on Aging
John L. Montgomery Care Center